



# PEI TONG PRIMARY SCHOOL

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## **ANNEX B: Packing List**

No	Items	Quantity	Remarks
1	Pen and notepad	1 Set	
2	T-shirts	Minimum 3	Recommended to have a long sleeved shirt/ removable sleeve for forest trek.
3	Shorts	Minimum 3	
4	Long Pants	Minimum 1 (Best to bring 2)	Recommended 2. For forest trek and intermediate/high elements.
5	Undergarments	Minimum 3 Sets	
6	Hat/ cap	1	Optional
7	Socks	Minimum 2 Spare Pairs	
8	Shoes for activity	1	Preferably track/hiking shoes.
9	Sandals/ slippers	1	Only for bathing.
10	Water bottle	Compulsory	Minimum 1 litre.
11	Plastic bags	Many	For soiled clothing
12	Torch	1	Bring spare batteries.
13	Fork and spoon, plate, mug	1 Set	You are expected to wash your own utensils after meals.
14	Toiletries		Bring female hygiene products if needed.
15	Towel	1	
16	Sleeping bag	Compulsory	You will be sleeping in tent/ hut/ dormitory without mattress.
17	Insect Repellent	Compulsory	
18	Poncho	Recommended	Recommended to bring in case of wet weather.
19	Sunblock lotion	Recommended	
20	Spare pair of spectacles / contact lens/ lotion	Recommended	For those who are short-sighted.
21	Personal Medication		Bring your inhaler if you are asthmatic. <b>(Please attach medication instructions and ensure child is able to self-administer)</b>
22	Toilet Paper	1 Roll	For own usage.

**Do not bring MP3 players, too much money or other valuable items for the camp.**