

Suggested Packing List

S/N	Item/s	Quantity	Remarks
1.	Activity Clothings	1 Set	Exercise attire (Preferred long sleeves for sun protection)
2.	Dry Clothings / Footwear	1 Set	For change up after activity
3.	Activity Footwear	1 Set	Shoes / Sandals ** no slippers
4.	Toiletries	1 Set	For washup & use after activity
5.	Additional Items	1 Set	Plastic bag for wet attire & shoes after activity
6.	Sun Protection Items	1 Set (Optional)	Cap, Sunglasses, Sun block lotion
7.	Spectacles Accessories	1 Set	Spectacle hook / strap / rubber band to secure spectacles
8.	Snacks / Coins	1 Set (Optional)	For post activity purchase / consumption
9.	Water Bottle	1 Set	Compulsory for all with name labelled on bottle
10.	Medication	1 Set	Bring required medication along (Example: Asthma Inhaler & etc)
11.	Tissue Paper	1 Set	Tissue / Toilet paper is essential for all to have

Points to Note

- Please avoid bringing valuables along for the activity
- Bring your medication along if applicable
- Bring whatever that is necessary & travel light
- Participants with improper attire / footwear / not feeling well will not be allowed to participate in the activity
- Participants should have changed up into their activity attire, water bottles filled & toilet break taken before arrival at the activity site to minimize time wastage & to ensure that more time is spent on the activity
- School should have a copy of the essential data of all participants (Participants Name, NRIC, Blood Type, Medical History / Allergy, NOK Name & Contact No.) readily onsite in case of any emergency