

2D1N BMTFE NS EXPERIENCE CAMP - PACKING LIST FOR 1 PERSON

All these items below are to be packed inside the bag.

Reporting attire: Dark Coloured Top with Long Pants and Covered Shoes

Additional Items Issued In Camp: 1 Shirt, 1 Green Canteen Bottle, 1 Cap and 1 Bag

Item(s)	Quantity	Remarks	Checklist
T-Shirts (Dark Coloured is Preferred)	1 set	Excluding the one you wear to report	
Shorts	1 set		
Long Pants	1 set	Excluding the one you wear to report	
Undergarments	Sufficient		
Pyjamas	1 set	Optional	
Socks	Sufficient		
Toiletries (Toothbrush, Toothpaste, Showering Gel)	1 set		
Toilet Roll / Tissue Paper / Wet Tissue	Sufficient		
Bath Towel	1 set		
Slippers	1 pair	For Shower Use	
Plastic Bags Or Zip Lock Bag	2 - 3 pieces	For Utensils, Clothes Etc...	
Sleeping Bag	1 set		
Extra Covered Shoe / Sandals	1 pair	In Case Shoes Wet	
An Extra Day Bag to Carry Around During Activity to Include the Following Items;			
Small Bag OR Small Bag pack (10L to 15L)	1	Issued in Camp	
Personal Medications (Depending on Individual Condition(S))	Sufficient	If any	
Water Bottle (At Least 1L)	1	Issued in Camp	
Mosquito Repellent or Patch	Sufficient		
Raincoat / Poncho	1	For Wet Weather	
Torch Light with Batteries	1	For Emergency	
Writing Materials (Pen, Pencil etc..)	1 set	For Reflection	
Personal Face Mask	2 pcs	For Personal Hygiene	