# Suggested Pack List for Camp

## Pack List for Residential Camp at DFOALC

- **Water Bottle**
  (Keep yourselves hydrated – *(AT LEAST 1 LITRE BOTTLE)*)

- **1 set of Utensils** (Fork, spoon, plastic plate & plastic mug)

- **Personal Medication**; Please teach child how to self-administer *(IF ANY)*

- **1 extra pair of shoes**

- **1 pair of sandals/slippers**

- **Raincoat / poncho / waterproof jacket with hood**

- **Writing materials**

- **Sun protection** - hat/cap, long sleeved T-shirt, sun-block, lip balm

- **School T-shirt**  
  3 sets (not including the 1<sup>st</sup> set worn on the first day)  
  *(Non-school T-shirts are allowed, except for 1<sup>st</sup> day. Pupils will be given their Camp T-shirt which they will wear on the 3<sup>rd</sup> day. Pyjamas may be worn for sleeping.)*

- **School PE shorts**  
  3 pairs  
  *(Non-school shorts are allowed, except for 1<sup>st</sup> and 3<sup>rd</sup> day.)*

- **School Socks**  
  3 pairs

- **Undergarments**  
  3 pairs

- **Towels (Bath and face)**

- **Long pants / Track Pants**  
  *(For trekking and climbing. Tight jeans not recommended)*

- **Mosquito repellent/Insect repellent**

- **Plasters and ointment for insect bites**

- **Torchlight and spare batteries**

- **Toiletries: soap, tooth-brush, tooth-paste, body powder, spectacles (spare) and spectacle band/hook, sanitary napkins (for ladies)**

- **Sleeping bag / blanket**

- **1 extra small bag for excursions**

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**IMPORTANT!!**  
Remind your child to write his/her name on all his/her personal belongings!