

MOE-OBS SEC 3 PROGRAMME 5-DAY COURSE PACKING LIST

This is a guide to help you pack for your 5-day expeditionary course at OBS. The appropriate quantity is dependent on the course duration, programme activities and individual preferred needs. It is important to have comfortable gear that will last the duration of the course. *Military or camouflage-print attire are **not** encouraged.

TICK	ITEM		QUANTITY
<input checked="" type="checkbox"/>			
<input type="checkbox"/>	T-shirts*	Long-sleeved (for sun protection and to minimise insect bites)	min. 3 - 4
<input type="checkbox"/>		Short-sleeved	min. 3 - 5
<input type="checkbox"/>	Shorts*	Suitable for physical activities	min. 3 - 4
<input type="checkbox"/>	Long pants*	Suitable for climbing activities/expeditions (three-quarter pants are not allowed and jeans are not encouraged)	min. 3 - 5
<input type="checkbox"/>	Undergarments	For personal hygiene	Sufficient
<input type="checkbox"/>	Towels	Hand (est. 30cm x 80cm) and bath towels (est. 60cm x 130cm)	min. 1 each
<input type="checkbox"/>	Shoes	Covered shoes for protection from underwater rocks, barnacles during sea/water activities	min. 1 pair
<input type="checkbox"/>		Covered shoes that are in good working condition, well cushioned for running and general outdoor/land activities	min. 1 pair
<input type="checkbox"/>		Sandals / Slippers for use during non-activity period, e.g. showering	min. 1 pair
<input type="checkbox"/>	Socks	Long enough to cover ankles to prevent blisters at heels	Sufficient
<input type="checkbox"/>	Personal protection	Insect repellent	Sufficient
<input type="checkbox"/>		Sun protection: Sunblock (SPF 30 or higher) and lip balm	
<input type="checkbox"/>		Others: Hat / cap and gloves	
<input type="checkbox"/>	Other personal items	Fork & spoon (non-disposable)	Sufficient
<input type="checkbox"/>		Essential Toiletries – incl. hand sanitizer, body powder or prickly heat powder, toilet roll (for camp out purposes), sanitary napkins for females only etc	
<input type="checkbox"/>		Torchlight & spare batteries	
<input type="checkbox"/>		Prescription medication e.g. inhaler, oral medication (all prescribed medication must be declared)	
<input type="checkbox"/>		Writing materials – small notebook & pen	
<input type="checkbox"/>		If applicable, spare spectacles (include spectacles retainers/hooks)	
<input type="checkbox"/>	Other equipment	1.5L water bottles: To contain drinking water e.g. reusable plastic bottles	min. 3 bottles
<input type="checkbox"/>		Reusable bags: For keeping dirty/wet items and waterproofing purposes, e.g. super market plastic bags/trash bags/Ziploc bags	min. 5
<input type="checkbox"/>	Optional Items	Quick drying synthetic clothing for wet activities e.g. rash guard, short tights...etc	Sufficient
<input type="checkbox"/>		After-sun lotion, wrist-watch, sunglasses	
<input type="checkbox"/>		Personal first aid e.g. plasters, antiseptic cream, ointment	
<input type="checkbox"/>		Thin sleeping bag / mat	
<input type="checkbox"/>		Camera & spare battery (no charging facilities available)	
<input type="checkbox"/>	Cash	Small amount for souvenir purchases and personal travel	Sufficient