

Suggested Packing List for 2026 Secondary Three Cohort Camp

Items	Qty	Description Remarks	Packed?
School based t-shirt / plain t-shirt	4	Inclusive of t-shirt worn to school on the first day of reporting.	
Small towel, school PE attire, undergarments, socks, plastic bag	1 or 2 sets	To towel dry and change out after water activities. Packed in a ziploc bag.	
School shorts / dark-colored shorts	4	Inclusive of shorts worn to school on the first day of reporting.	
Undergarments	4	Inclusive of one set worn to school on the first day of reporting.	
Long pants / track pants	1	One set for High Elements	
Shoes	1	Inclusive of one pair worn to school on the first day of reporting.	
Water shoes / spare covered shoes	1	For water activity.	
Socks	4	Inclusive of one pair worn to school on the first day of reporting.	
Slippers / sandals	1	Worn only during shower and wash up.	
Jacket	1	Optional.	
Cap / hat	1	For sun protection during outdoor activities.	
Toothbrush and toothpaste	1		
Soap, shampoo, and bath towel	1		
Toilet roll	1		
Water bottle (one liter minimum)	2	One bottle as spare.	
Hand sanitizer	1		
Reusable fork and spoon	1	For meal consumption. Disposable utensils are not encouraged.	

Compulsory Items			
Day pack	1	Small bag to carry water bottle and poncho/raincoat/extra clothes for wet activity.	
Notebook and stationery	1		
Sleeping bag / blanket / bed sheet	1	Either one.	
Insect repellent and sun block	1		
Plastic bags / zip lock bag	5	For soiled clothing.	
Spectacle band / retainer	1	If wearing spectacles.	
Thermometer	1		
Raincoat / umbrella	1	Two sets if using a disposable poncho.	
Personal medication (plaster, inhaler, etc)	1	As necessary.	

Note: As this is an outdoor adventure camp and your child will be busy at different activity stations, please do not bring valuable or expensive items e.g., money, laptop, gadgets. Refrain from wearing any accessory on the body e.g., jewellery, earrings, rings, studs, chains, bracelets etc. These accessories are considered hard objects and for safety reasons, they **MUST BE REMOVED** for High Elements. Any student with any hard object on the body that cannot be removed will not be allowed to participate in High Elements.