

# MOE-OBS CHALLENGE PROGRAMME

## PACKING LIST

### (2-DAY RESIDENTIAL)

- Follow this guide to help you pack for the programme
- Borrow from friends and family if you do not have the items
- Label your items and pack them into a backpack
- Keep your expensive items at home

**REMINDER**  
to be in the  
proper reporting  
attire and pack  
all items in the  
packing list!

## REPORTING ATTIRE

\* Students who are not in proper reporting attire may **not** be able to participate in the programme

- ☐ 1 pc **Long-Sleeved T-shirt or T-shirt with Arm Sleeves**
- ☐ 1 pair **Long Pants**
- ☐ 1 pair **Covered Shoes and Socks**



### Long-Sleeved T-shirt & Long Pants

Protect against insect bites, abrasion and sunburn.

\* Military or camouflage print attire is not allowed



### Socks

Wear socks that cover the ankle to prevent blisters and protect against insect and sandfly bites.



### Footwear

Covered shoes need to be worn throughout the day for all activities. Ensure that the soles are intact.

Wear shoes that fit well, are comfortable and provide support to prevent blisters and injuries.



## PACKING LIST

- ☐ 1 set **Long-Sleeved T-shirt or T-shirt with Arm Sleeves and Long Pants**
- ☐ 2 sets **Short-Sleeved T-shirt and Shorts**
- ☐ Min 2 sets/  
Sufficient **Undergarments**  
• Avoid disposables
- ☐ 1 pc **Hat or Cap**
- ☐ 1 pc **Towel**  
• Large towel for showering  
(est 60cm x 180cm)
- ☐ 1 pair **Extra Covered Shoes and Socks**  
(To change into if shoes get dirty or wet)

\* To be continued on the next page

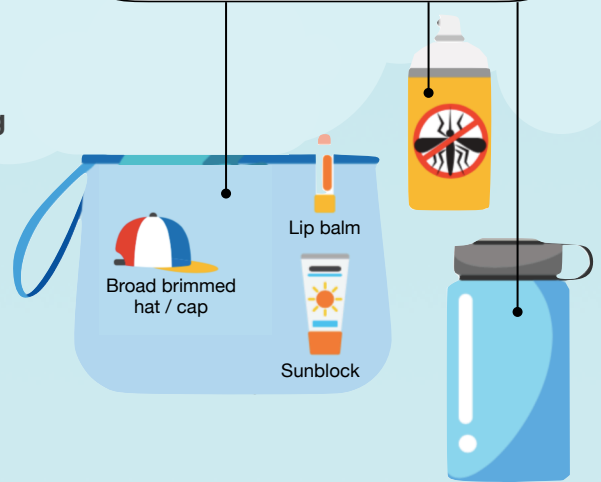


# PACKING LIST

- |                          |             |                                                                                                       |
|--------------------------|-------------|-------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> | Sufficient  | <b>Sun Protection</b>                                                                                 |
|                          |             | • Sunblock (SPF 30 or higher), lip balm and after sun-lotion                                          |
| <input type="checkbox"/> | 1 bottle    | <b>Insect Repellent</b>                                                                               |
| <input type="checkbox"/> | 1-2 bottles | <b>Water Bottle(s) to hold <u>2 Litres</u> of Water</b>                                               |
|                          |             | • E.g. 1x 1.5L + 1x 0.5L water bottle                                                                 |
|                          |             | • Sharing of personal water bottle is not allowed for hygiene purposes                                |
| <input type="checkbox"/> | Min 3 pcs   | <b>Extra Face Masks with Resealable Bag</b>                                                           |
| <input type="checkbox"/> | 1 bottle    | <b>Hand Sanitiser</b>                                                                                 |
| <input type="checkbox"/> | 1 set       | <b>Reusable Fork and Spoon</b>                                                                        |
| <input type="checkbox"/> | 1 set       | <b>Torchlight and Spare Batteries</b>                                                                 |
| <input type="checkbox"/> | Sufficient  | <b>Essential Toiletries</b>                                                                           |
|                          |             | • For hygiene e.g. shampoo, body wash, toothbrush, toothpaste and sanitary napkins (for females only) |
|                          |             | • For camping e.g. toilet roll, body powder or prickly heat powder                                    |
| <input type="checkbox"/> | 1 pair      | <b>Sandals or Slippers</b>                                                                            |
|                          |             | • For use during non-activity period e.g. showering                                                   |
| <input type="checkbox"/> | Sufficient  | <b>Plastic Bags / Resealable Bags</b>                                                                 |
| <input type="checkbox"/> | 1 pc        | <b>Thermometer</b>                                                                                    |
| <input type="checkbox"/> | Sufficient  | <b>Prescribed Medication In Own Name</b>                                                              |
|                          |             | • E.g. inhaler, oral medication (all prescribed medication must be declared before the course starts) |
|                          |             | * OTC (over-the-counter) medication is not required                                                   |
| <input type="checkbox"/> | 1 set       | <b>MOE-OBS Course Journal and Pen</b>                                                                 |
| <input type="checkbox"/> | Sufficient  | <b>Spare Spectacles or Contact Lenses</b>                                                             |
|                          |             | • Secure with spectacles bands                                                                        |
|                          |             | • Retainers and hooks are not encouraged                                                              |
| <input type="checkbox"/> | 1 pc        | <b>EZ Link Card ID</b>                                                                                |

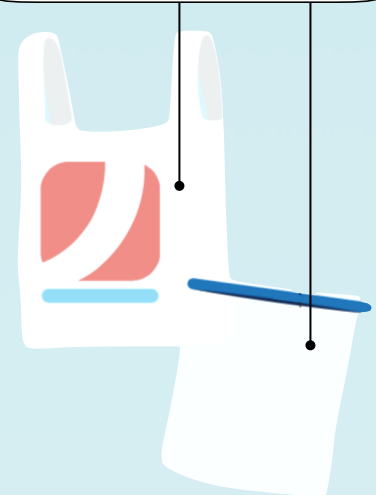
**! Sun Protection, Insect Repellent & Water Bottle**

Must-haves to protect against insect bites, sunburn and dehydration.



**! Plastic Bags / Resealable Bags**

To keep your items dry during activities and to pack worn clothes and shoes.



## OTHERS (OPTIONAL)

- |                          |        |                                        |
|--------------------------|--------|----------------------------------------|
| <input type="checkbox"/> | 1 pc   | <b>Lightweight Sleeping Bag or Mat</b> |
|                          |        | • Ensure that it is waterproofed       |
| <input type="checkbox"/> | 1 pair | <b>Sunglasses</b>                      |
| <input type="checkbox"/> | 1 pc   | <b>Rain Jacket</b>                     |

- |                          |        |                    |
|--------------------------|--------|--------------------|
| <input type="checkbox"/> | 1 pair | <b>Gloves</b>      |
| <input type="checkbox"/> | 1 pc   | <b>Wrist Watch</b> |

