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PACKING LIST & OUTDOOR GEAR SHOPPING GUIDE

Dear Parents/Camper,

Having the right gear for WWSC is important for our campers' safety and comfort!

This document includes some of our recommendations for places to shop for outdoor gear. The pictures shown are just a sample of the products. You do not need to find the exact items but do read the **remarks** for further explanation on why each item is important and useful for the camper. A list of shops is included at the end of this document for your convenience.

Our staff are experienced buyers of outdoor gear and are very happy to help with advice on what to buy, or even to accompany you on a shopping trip! Please get in touch with us if you'd like assistance with this.



- From: WWSC Team

- **RED** is an absolute must get. If the camper doesn't have those things, we may not let them participate in certain activities.
- Please label all the items with the camper's name.

■ DAYTIME 6 SETS OR MORE

For both guys and girls, you will need at least 1 set of clothing each day plus some extra (2-3 sets).

- In general, it's necessary to bring a few sets of clothing that cover most of your body (e.g. long-sleeved shirts and pants). It will come in handy in protecting you from the scorching sun or insects!
- Alternatively, or together with the above, you can wear swimwear that covers your full body even when you are not in the water (see under the header "**Water Activities**").
- Wear clothing that will be suited to the outdoors the whole day. Packing something that will dry easily increases your comfort as it does rain and you will be sweating.
- Sometimes, if you're back from an activity you might want to just slip into something comfortable and dry.
- **For returning campers, you can bring along your tribal costume/shirt as well :)**

■ EVENING 2-3 SETS

- This is for after most activities are done and the night is cooler. This can overlap with some of the daytime clothing.

■ SLEEP TIME 3 SETS

- Bring what you want to sleep in.



■ PROM NIGHT 1 SET

Time to get fancy by dressing up for a night to remember!

Google these for inspiration:

- Men: 'Southern Gentlemen fashion'
- Women: 'Southern Ladies fashion'





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TO SLEEP

■ SLEEPING BAG / LIGHT BLANKET 1 SET

- It can get quite cold at night. The accommodation includes a light blanket, but to make your night more comfortable, consider bringing along a sleeping bag or an additional blanket or a sheet to wrap yourself up in.
- **Remarks:** For additional insulation for a good night's sleep. Do make sure that the sleeping bags you purchase are suitable for Malaysian weather. Some can be very thick, made for overseas weather. This is optional and you may bring it along in the event that you might want to use it.
- **Where to get:** Aeon, Sports Direct, Decathlon



■ SMALL PILLOW 1 PIECE

- We highly recommend you to bring your own pillow for a good night's rest.

■ EYE MASK + EAR PLUGS 1 PIECE

- Helpful if you are a light sleeper.

SANDALS 1 PAIR

- A pair of sandals which you can also use for the bathroom.

SOCKS 4 PAIRS

- A pair or two to wear every night after you have dried off. A pair or two for river activities.
- **Remarks:** They help to keep sand out when worn inside the booties (they have to be tight fitting and long).

FOOT DEODORANT 1 PIECE

- Some foot powder or spray is good for keeping your feet dry when you turn in for the night.
- If you want to be kind to your fellow dorm/tent-mates you can bring some footwear deodorant too.

SPORT SHOES 1 PAIR

- If you want, you can bring a pair of sport shoes to play games in, rather than to do the activities in river booties, but be prepared for them to get wet.
- Alternatively, Outdoor sandals are comfortable and safe for running around on muddy ground at camp and we recommend this as an alternative to sport shoes.
- **Where to get:** Aeon, Sports Direct, other sport shops





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FOR YOUR FEET

■ RIVER BOOTIES 1 PAIR

- You can go swimming in these.
- You can also walk on rocks and river hike in these as long as they have a no-slip sole.
- **Remarks:** Don't worry about getting the very expensive ones. As long as your child is assured a good grip and the shoes are lightweight (won't get bogged with water), that will do! That said, river booties are a good investment and can be used in any outdoor situation, providing strong grip on slippery surfaces and can be used comfortably in jungle trekking and river hiking.
- **Brands & models:**
 - Recommended: Keen Clearwater CNX Sandals (RM300-400+)
 - Adidas Trailshoes traxion rubber (RM200) or any adidas trekking shoes (>RM120)
 - Karrimor (RM150-300)
 - Decathlon Aquashoes (RM40)
 - Rubber Shoes *Adidas Kampung* from Mr DIY (RM7-15)
- **Where to get:** Al-Ihksan, Sports Direct, Decathlon



■ HAT / CAP 1 PIECE

- A hat/cap is necessary in the outdoors.
- **Remarks:** In order to prevent sunburn from the hot and sunny weather in Malaysia, we advise that you protect yourself with any caps (preferably waterproof) because you'll be wearing these caps even for the river hike.
- **Where to get:** Decathlon, Sports Direct



■ SUNGLASSES 1 PAIR

- A pair of sunglasses can be helpful in some activities.

■ GLASSES + CLIPS / BANDS 1 PAIR

- If you wear prescription glasses, please bring along your pair of glasses (and not just contact lenses because having contact lenses on while in the river can lead to eye infection). Alternatively, you can wear prescription goggles instead.
- If you wear spectacles, you'll need to keep them secured on your head with clips or bands.





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HYGIENE & CLEANLINESS

■ QUICK-DRYING TOWEL 1 PIECE

- A quick-drying towel would be helpful as we would be in and out of the water a lot.

■ LAUNDRY BAG 1 PIECE

- A laundry bag to keep your dirty clothes separated from your clean ones.
- You may also wish to do some laundry when you have a shower if you decide to pack less clothing.

■ HANGERS

- To hang up your clothes / equipment that you want to dry up.
- Bring a minimum of 4!

■ TOILETRIES BAG + TOILETRIES 1 SET

- You have to bring your own toiletries (soap, shampoo, face wash, toothbrush, toothpaste!) in a toiletry bag that you can bring with you into the washroom.



■ SANITARY PADS

- For female campers.

WATER ACTIVITIES

■ GLOVES 1 PAIR

- The gloves should be worn during the river hikes, but can also be worn for other activities. It's best if these don't retain water, so that they do not affect your swimming much.
- **Remarks:** Gloves with anti-slip grip will help the campers to prevent scratches during river hike.
- **Where to get:** Decathlon, for more budget option - Daiso, Mr. DIY



■ GOGGLES 1 PAIR

- Please bring a pair of goggles if you have one. They are not mandatory, but some campers feel more comfortable in the river with them.

■ PERSONAL FLOATATION DEVICE & HELMET 1 Set

- River safety staples that will keep you safe in the river.
- These items will be provided for you, but if you have your own personal set, we welcome you to bring your own.



WATER ACTIVITIES

■ KNEE PADS + SHIN GUARDS 1 PAIR EACH

- For extra protection from knocks (against rocks in the river) during water and other outdoor activities.
- **Remarks:** These are advised for river activities to avoid bruises. Knee pads are always a good investment for outdoor sports as well. Any form of protection on the knees is better than none at all.
- **Where to get:** Daiso, Aeon, Sports Direct



■ SWIMWEAR 1 PAIR

- A long-sleeved rash guard and a pair of long swim pants are highly advised for all campers to avoid abrasions and sunburn during water activities.
- If you have a wetsuit (like the ones used in diving), you can use that instead as it offers more protection, but it can get quite warm when out of water.
- **Remarks:** Dri-fit materials such as lycra are the best option because cotton soaks up a lot of water and can be cumbersome. **DO NOT BUY FLEECE WARMERS** (they are often mistaken with Rash Guards!).
- **Where to get:** Decathlon (listed as "Long Sleeve UV Protection Water T-shirt"), Sports Direct, Aeon





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LAND ACTIVITIES

■ RAINCOAT 1 PIECE

- Some activities will still go on if it is not raining too heavily. We would recommend rain jackets made from breathable material. These tend to be higher in quality and more functionally suitable for activities.
- **Remarks:** A good-quality raincoat is a worthy investment if you plan to live in the outdoors more often, or just be ready for any camping trips you spontaneously want to go on in the future. If your child is a first-timer at WWSC and plans to come back for outdoors fun every year after until he/she graduated from university, then investing in a good rain jacket/raincoat that lasts him/her more than 10 years might be a good idea! Not to mention it's fun to be well-protected, nice and dry while running in the rain at camp, and it keeps the chills away.
- **Where to get:** Aeon (RM10), Daiso, Sports Direct, Decathlon



■ INSECT REPELLENT

1 BOTTLE

- Preferably with Citronella as the active ingredient. Recommended: *Johnson OFF!*

■ BIBLE + NOTEBOOK + PEN

- If you have a Bible, do bring it along with a pen you like using.

OTHER USEFUL ITEMS

■ WATER BOTTLE 1 BOTTLE

- A 1-litre bottle or container for water that will keep you hydrated. You can also bring a smaller bottle when you want to travel light. We recommend bringing a robust bottle that can withstand a few knocks / falls.
- **Remarks:** Any water bottle with a hook would be good for river hiking as we want campers to be hands-free on the hike. The lighter the bottle the better.
- **Where to get:**
Aeon, Sports Direct



■ SUNSCREEN 1 TUBE

- Minimum SPF 30 and above.

■ PORTABLE USB FAN 1 PIECE

- For your comfort.

■ TORCH LIGHT 1 PIECE

- A light for visibility during the night. Do not use your phone for this.
- **Remarks:** Headlamps are recommended so you can still have free use of your hands. Coleman is a good outdoor brand, but there are other brands out there as well. Please do remember to bring extra batteries for your headlamp.
- **Where to get:** Camping stores, Hardware stores, Aeon





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OTHER IMPORTANT ITEMS

■ CASH (RM100)

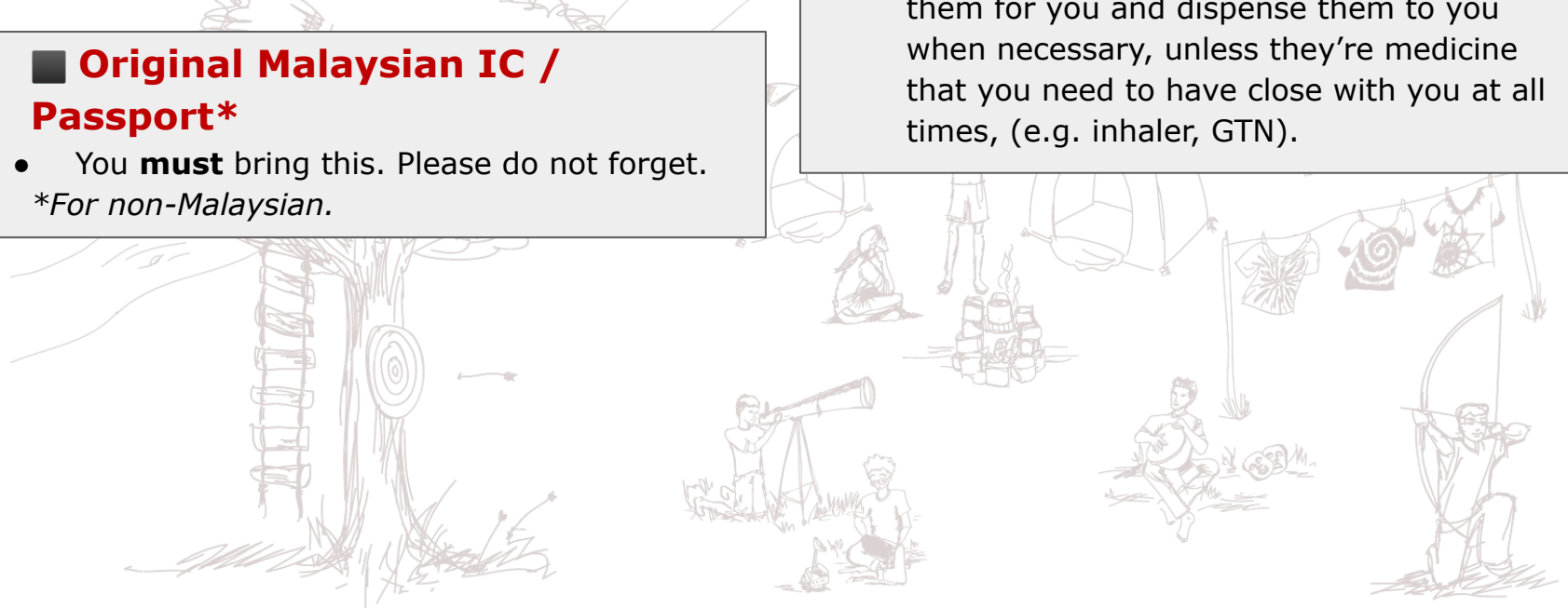
- You might want to buy a WWSC shirt or some other things.

■ Original Malaysian IC / Passport*

- You **must** bring this. Please do not forget.
**For non-Malaysian.*

■ PERSONAL MEDICINE

- If you have any personal medicine, please bring it. The pharmacist at camp will keep them for you and dispense them to you when necessary, unless they're medicine that you need to have close with you at all times, (e.g. inhaler, GTN).



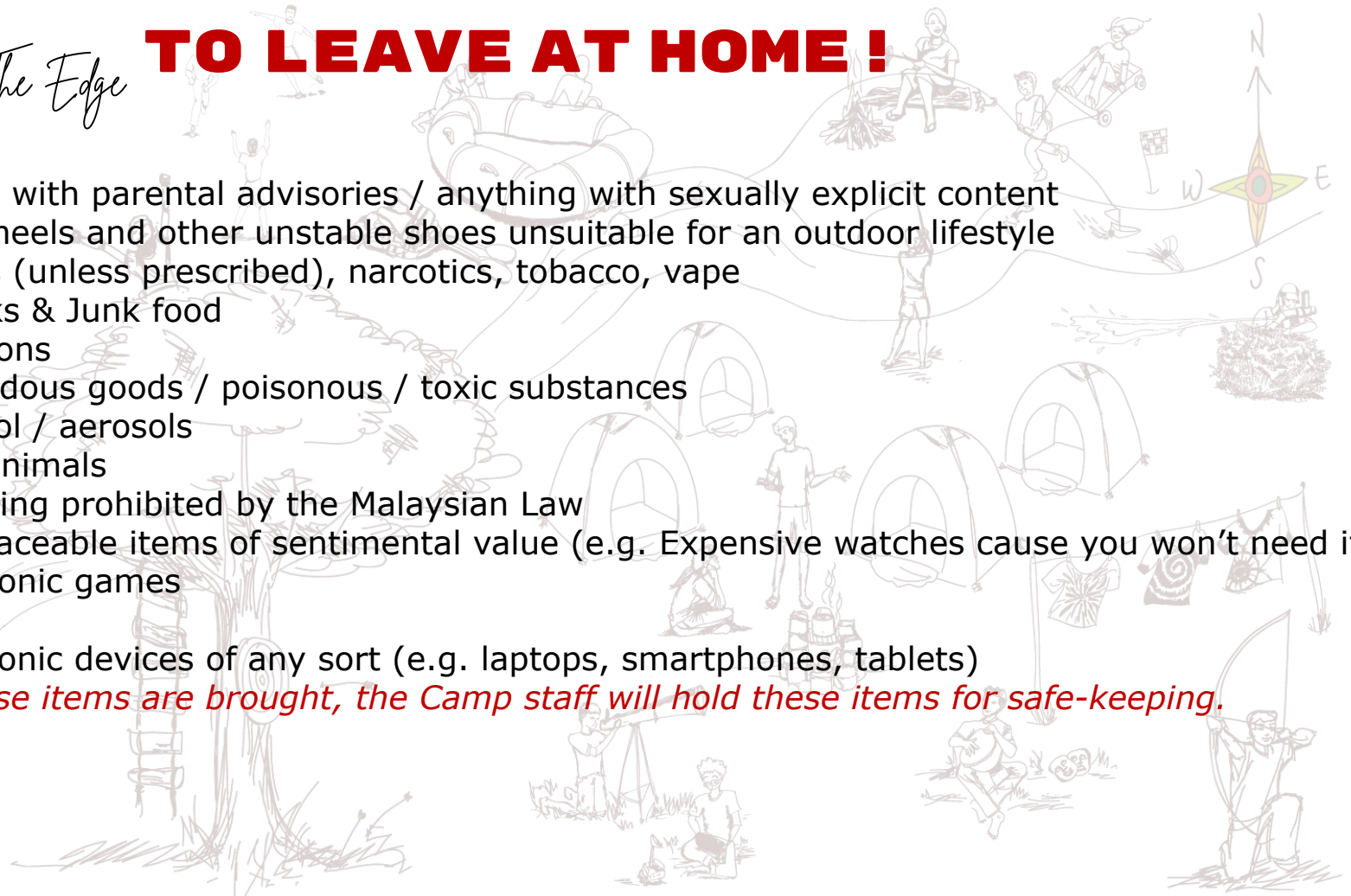


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TO LEAVE AT HOME !

- Media with parental advisories / anything with sexually explicit content
- High heels and other unstable shoes unsuitable for an outdoor lifestyle
- Drugs (unless prescribed), narcotics, tobacco, vape
- Snacks & Junk food
- Weapons
- Hazardous goods / poisonous / toxic substances
- Alcohol / aerosols
- Live animals
- Anything prohibited by the Malaysian Law
- Irreplaceable items of sentimental value (e.g. Expensive watches cause you won't need it!)
- Electronic games
- Electronic devices of any sort (e.g. laptops, smartphones, tablets)

If these items are brought, the Camp staff will hold these items for safe-keeping.





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LIST OF RECOMMENDED SHOPS

Shop	Website
Adidas	http://www.adidas.com.my/
Aeon	http://aeonretail.com.my/
Corezone	http://mycorezone.com/
Daiso	http://www.aeonretail.com.my/daiso/
Decathlon	https://www.decathlon.my/
Parkson	http://www.parkson.com.my/
Sports Direct	https://my.sportsdirect.com/
Explorer Outfitter	https://www.exploreroutfitter.com/
PTT Outdoor	https://www.pttoutdoor.com/

Safety is our #1 concern for PURE GOOD FUN

- The high staff to camper ratio (in river) of 1:2
- Clear Health & Safety guidelines for staff and procedures are with reference to American Camping Association (ACA) guidelines.



JOSHUA TAY,
HEAD OF RIVER SAFETY
pictured on the right at Raft Guide
Course (Penrith Whitewater, Australia)



Certified Whitewater Rescue Technician



PURE GOOD FUN