

WWSC Packing List (FOR NORMAL MALE CAMPERS)



** **RED** is an absolute must get. If the camper doesn't have it, we won't let them participate.

CLOTHING

DAYTIME 9 SETS OR MORE

For both guys and girls, you will need at least 1 set of clothing each day plus extra (3-4 sets).

- In general, it's necessary to bring a few sets of clothing that covers 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 be wearing swimwear that covers your full body even when you are not in the water (e.g. [swimsuit on the right](#)).
- Since we'll be both indoors and outdoors in a day, you can 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.

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 5 SETS

Bring what you want to sleep in. (Preferably long sleeved shirts and pants)

***Special tips:** Avoid **blue** and **black** clothing at night – they attract mozzies!
Also, avoid wearing jeans...



TO SLEEP

SLEEPING BAG / LIGHT BLANKET 1 SET

It can be quite cool at night, but you don't need to bring anything heavy to stay warm. A sleeping bag is optional. If you don't have one, you can simply bring a light blanket or a sheet to wrap yourself up in.



SMALL PILLOW 1 PIECE

Bring your own if you wish.

EYE MASK + EAR PLUGS 1 PIECE

If you are a light sleeper.

FOR YOUR FEET

■ SANDALS 1 PAIR

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



■ SPORT SHOES / SNEAKERS 1 PAIR

Bring a pair of sports shoes to play games in, rather than to do the activities in river booties or sandals, but be prepared for them to get wet.

■ SOCKS 6 PAIRS

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

■ RIVER BOOTIES 1 PAIR

River booties

- 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.



■ 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.

■ WATERPROOF BOOTS 1 PAIR

Boots like these will keep your feet safe and dry both at the same time!

FOR YOUR HEAD

■ HAT / CAP 1 PIECE

Important: Wear one that you'd be happy wearing! (preferably waterproof & with neck flap).



■ GOGGLES 1 PAIR

For those with contact lens: Please bring along a well-fitting pair of goggles (with no power) because having contact lenses on while in the river can lead to eye contamination and infection.

■ GLASSES BAND / CLIPS 1 PAIR

If you wear spectacles, you'll need to keep them on your head.



■ EXTRA PAIR OF GLASSES

Bring an extra pair if you do have one.

✓ SAFETY HELMET 1 PAIR

One helmet will be loaned to each camper, which must be treated with care throughout the camp.



■ SUNGLASSES 1 PAIR

A pair of sunglasses can be helpful in some activities (optional).

BATH TIME

■ QUICK DRYING TOWEL 2 PIECES

■ BATHING SHORTS 1 PAIR

■ TOILETRIES BAG + TOILETRIES 1 SET

You have to bring your own toiletries in a toiletry bag that you can hang up (highly recommended).



- Toothbrush
- Toothpaste
- Soap
- Shampoo
- Deodorant

WATER ACTIVITIES

■ GLOVES 1 PAIR

The gloves are absolutely necessary for river activities. Our River Safety team recommends a pair that is non-slip and cut resistant.



■ WATER BOTTLE 1 BOTTLE

A bottle or container for water that will keep you hydrated. **1 litre** is about the right size. You can also bring a smaller bottle when you want to travel light. There are also lightweight options like a **Camelbak** that would need you to bring a small backpack as well. Also, attach a carabiner to the water bottle to ease carrying during river hikes.

■ TOP + BOTTOM WETSUIT 1 PAIR

This is highly advisable for all campers to avoid abrasions during river hike. Guys can choose to wear tights under short pants.

*If you have a full-body wetsuit (like the ones used in diving) you can use that too as it does offer more protection.

Clothes to wear over the swim wear may finish your look.



■ KNEE PADS + SHIN GUARDS + ELBOW PADS 1 PAIR EACH

For extra protection during river hiking and outdoor activities.

■ SUNSCREEN 1 TUBE

Minimum SPF 30 and above.

■ GOGGLES 1 PAIR

Please bring a pair of goggles if you have one. (*A **must** for those who are wearing contact lenses into the river)

LAND ACTIVITIES

■ INSECT REPELLENT 1 BOTTLE

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

■ RAINCOAT 1 PIECE

We would recommend rain jackets made from breathable material. These tend to be higher in quality and more functionally suitable for activities.

■ BIBLE + NOTEBOOK + PEN

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

MORE USEFUL ITEMS

LAUNDRY BAG 1-2 PIECES

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 so you have spare clothing.

EXTRA HANGERS

Bring as desired.

SMALL PORTABLE

USB FAN 1 PIECE

For your additional comfort.

TORCH LIGHT 1 PIECE

Do not use your phone for this. It's useful to have one that you can use hands-free.



EXTRAS

CASH (RM50)

You might want to buy a WWSC shirt or have a snack on the way up.

PERSONAL MEDICINE

If you have any personal medicine, please bring it. The pharmacist at camp will keep it for you and dispense them to you. Unless it's medicine that you need to have close with you at all time, (e.g. inhaler, gtn).

TRIBAL DRIFIT SHIRT

[only applicable to past campers]

IC + SIGNED REGISTRATION FORM

ITEMS TO BRING DEPENDING ON WHETHER YOU'VE CHOSEN THE RELEVANT ELECTIVE

Refer to the elective list for your selection and respective required item(s)

TO LEAVE AT HOME

Media with parental advisories / anything with sexual connotations

Snacks / Junk food

Knives or weapons

Anything prohibited by Malaysian Law

Cell phones, iPhones, iPads, electronic devices of any sort.

High heels and other unstable shoes unsuitable for an outdoor lifestyle

Expensive watches, jewelry, etc.

Irreplaceable items of sentimental value

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

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WWSC Packing List (FOR NORMAL FEMALE CAMPERS)



** **RED** is an absolute must get. If the camper doesn't have it, we won't let them participate.

CLOTHING

DAYTIME 9 SETS OR MORE

For both guys and girls, you will need at least 1 set of clothing each day plus extra (3-4 sets).

- In general, it's necessary to bring a few sets of clothing that covers 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 be wearing swimwear that covers your full body even when you are not in the water (e.g. [swimsuit on the right](#)).
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- Sometimes, if you're back from an activity you might want to just slip into something comfortable and dry.

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 5 SETS

Bring what you want to sleep in. (Preferably long sleeved shirts and pants)

***Special tips:** Avoid **blue** and **black** clothing at night – they attract mozzies!
Also, avoid wearing jeans...



SPORTS BRAS 4-5 SETS

Bring the right kind of underwear to ensure comfort throughout the camp!

TO SLEEP

SLEEPING BAG / LIGHT BLANKET 1 SET

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SMALL PILLOW 1 PIECE

Bring your own if you wish.

EYE MASK + EAR PLUGS 1 PIECE

If you are a light sleeper.

FOR YOUR FEET

■ SANDALS 1 PAIR

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



■ SPORT SHOES / SNEAKERS 1 PAIR

Bring a pair of sports shoes to play games in, rather than to do the activities in river booties or sandals, but be prepared for them to get wet.

■ SOCKS 6 PAIRS

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

■ RIVER BOOTIES 1 PAIR

River booties

- 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.



■ FOOT DEODORANT 1 PIECE

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■ WATERPROOF BOOTS 1 PAIR

Boots like these will keep your feet safe and dry both at the same time!

FOR YOUR HEAD

■ HAT / CAP 1 PIECE

Important: Wear one that you'd be happy wearing! (preferably waterproof & with neck flap).



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BATH TIME

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■ BATHING SHORTS 1 PAIR

■ TOILETRIES BAG + TOILETRIES 1 SET

You have to bring your own toiletries in a toiletry bag that you can hang up (**highly recommended**).



- Toothbrush
- Toothpaste
- Soap
- Shampoo
- Deodorant
- *Other relevant, including pads

WATER ACTIVITIES

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■ WATER BOTTLE 1 BOTTLE

A bottle or container for water that will keep you hydrated. **1 litre** is about the right size. You can also bring a smaller bottle when you want to travel light. There are also lightweight options like a **Camelbak** that would need you to bring a small backpack as well. Also, attach a carabiner to the water bottle to ease carrying during river hikes.

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EXTRA HANGERS

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