

SBS FOP 2019 - Ascension Freshmen Packing List

S/N	ITEM	QTY	REMARKS
1	Clothes (shirts and pants)	5-6 sets	Includes 1 OG colour shirt (to be worn on the first day) + 1 beach attire (can be singlet or shirt)
2	Unwanted Clothing	2 sets	Dark colours recommended
3	Sleeping attire	2-3 sets	As required
4	Bath Towel	1	
5	Undergarments	8-10	As required
6	Jacket	1	As required
7	Slippers	1 pair	
8	Socks	2 pairs	As required
9	Covered shoes	1 pair	Comfortable running shoes recommended
10	Toiletries / Bathing Essentials (Eg. soap, shampoo, toothbrush, toothpaste, cleanser, contact lens)	As required	
11	Spectacle + case	If any	Recommended
12	Plastic Bags	3	To hold dirty clothing if required
13	Sleeping bag/ sleeping necessities (eg. eye mask)	1	Only for those staying overnight
14	Thermometer	1	Compulsory
15	Umbrella/ Poncho	1	
16	Water Bottle	1	Compulsory
17	Sunblock	1	For outdoor activities
18	Insect Repellent	1	For outdoor activities
19	Cap	1	Recommended for outdoors

20	Phone charger/ Portable Charger	1	Recommended
21	EZ Link Card	At least \$10 value	Compulsory (for travelling back from Sentosa)
22	Light day bag	1	Compulsory
23	Personal Medication	-	As required
24	Programme Fee	\$45	Compulsory
24	Indemnity Form + Consent Form (printed, filled up and signed)	1	Compulsory