ENV 3102 PACKING CHECKLIST

NOTES

1. Dao Diamond has laundry service ($$); by-weight laundries (cheap) and laundromats nearby - USE THEM!
2. Suggestion: bring **5-6 days worth of clothes**
3. **Old clothes** recommended !
4. **Light-coloured clothes** attract fewer mosquitoes, but dark **colours better for bird surveys** (1 morning)
5. May buy military grade stuff at Army market on Beach Road (buy in bulk with friends & ask for discount)
6. **Baggage allowance: 25 kg**
7. Consider packing all your stuff in a **backpack** (easier to manage than suitcase)
   For cheap backpacks: try Queensway shopping centre (no commissions)
   For 3D/2N at BBC - bring something (e.g., small duffel) for your stuff - no **big backpacks / suitcases**.
8. Consider **sharing** certain items, e.g., sunblock, laundry detergent, Purell, etc.
9. **NO STRONG SCENTS, JEWELRY - scents irritate some ppl & attract mosquitos; jewelry attracts thieves**
10. This list is a guide, it is neither definitive nor exhaustive. Use your discretion when choosing what to bring

PACKING TIPS

To protect straps and dangling pieces, use tape or cheap duffle bag over backpack
Plan before you pack a backpack - heavier articles at bottom
Space saving: roll clothes after folding, pack in smaller bags and compress out air
Waterproof items, esp. electronics: use clear Ziploc bags (easily ID and compartmentalise items for speed)

DOCUMENTS/CARDS

- [ ] Passport with visa (if needed)
- [ ] Matric card / international student ID
- [ ] Insurance documents (if applicable)
- [ ] Cash - note - a meal rarely costs > 300 PhP (about 10 SGD) and is often much cheaper
- [ ] ATM card with PLUS/Cirrus/Maestro signs

Safer to carry less $ (use ATM). Bank machines charge 10 SGD transaction fee, so minimise # withdrawals.
Ensure bank card is activated for overseas transactions.

ATTIRE

- [ ] ≥ 1 pair pants (thin, quick-dry / jungle type is great)
- [ ] Lightweight long-sleeved shirts (≥ 1)

  Alternative to above : those sleeves that cover your arms but can be worn with t-shirt
- [ ] Short-sleeved shirts (ladies: no tube tops, low-cut or other skimpy tops)
- [ ] Shorts (ladies: strictly no short shorts and mini-skirts)
- [ ] Underwear (unless you want to go commando)
- [ ] Socks
- [ ] Smart casual outfit for presentation day
- [ ] **MANDATORY** Hiking boots / rubber boots with tread - must cover ankles; rinse with water after farm visit
- [ ] Flip flops
- [ ] **MANDATORY** Scuba booties with firm sole or amphibious shoes
- [ ] Comfy sandals/walking shoes
- [ ] Jacket, windbreaker or other warm top (it's cold on the plane and downright glacial on the ferry)
- [ ] ≥ 2 bathing suits (ladies: one-piece or regular bikinis OK, but no string bikinis or anything super skimpy)
- [ ] **MANDATORY** bandanna or bathing cap/swim cap (to protect scalp from sun while snorkeling)
- [ ] **MANDATORY** rash guard and board shorts or wetsuit (full-length or shorty) to protect skin while snorkeling
- [ ] Sleepwear

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OTHER

- [ ] Toiletries
- [ ] Sunblock (min SPF 30+ - let's get some with stinger protection to share)
- [ ] Insect repellent
- [ ] Umbrella
- [ ] Rain gear (waterproof jacket with hood, plus rain pants if desired)
- [ ] Sunglasses
- [ ] **MANDATORY** hat for sun protection
- [ ] Towel (quick-dry camping towels are ideal)
- [ ] Binoculars (if you have your own)
- [ ] Extra pair of glasses / contact lenses
- [ ] Snorkeling gear (recommended so that mask is just right for your lovely face and visual acuity)
- [ ] **MANDATORY** Headlamp or flashlight
- [ ] Daypack
- [ ] Universal plug adaptor (most places have North American, 2-pin, i.e., non-grounded, outlets)
- [ ] Mobile and charger (buying local SIM card avoids roaming charges and multi-day data plans are cheap)
- [ ] Laptop and charger (with useful documents downloaded to it)
- [ ] Necessary software and apps for iphone and laptop (to be discussed)
- [ ] Camera (with accessories)
- [ ] Other electronics you can't live without
- [ ] Field notebook (write-in-the-rain is ideal) and pencil (pens are useless if it rains)
- [ ] Swiss army knife (in checked luggage!)
- [ ] Purell (disinfectant to clean hands without soap)
- [ ] Laundry bag
- [ ] Plastic ziploc bags or dry bag (to keep important things dry)
- [ ] Comfort items, e.g., lightweight blanket / sleeping bag for extra warmth, extra pillow, etc.
- [ ] Food container (for sandwiches on days you prep own lunches)
- [ ] <u>Medications / minimal first aid supplies for minor injuries</u>

  Any prescriptions
  Painkillers (Panadol, ibuprofen, aspirin, etc) - STAFF IS PROHIBITED FROM DISTRIBUTING TO YOU
  Cold and flu Rx
  Motion sickness tablets (critical ! You may not know how seasick you will get - please don't puke on staff)
  Alcohol wipes
  Medicated ointment (antibiotic)
  Rx for tummy troubles (e.g., antidiarrheal)
  Plasters
  Aloe vera gel (share with friends)
  Allergy Rx - if you have Epipen Rx, must bring your own
  After bite (or other anti-itch cream)