

## Required list of equipment and clothing for the participants:

 Activity clothes for 3 days*	 Long sleeve T-shirts	 Jacket	 Pyjamas or other nightwear	 Socks
 Suitable clothing for prayers	 A pair of training/sport shoes	 Closed shoes to wear under water—e.g. reef walkers**	 Comfortable slippers, flip flops, walking shoes	 Personal toiletries (shampoo, soap, lotion, deodorant etc.)
 Sunscreen	 Sunhat and sunglasses	 Towels	 Plastic bag for wet/dirty clothing	 Blanket or sleeping sheet***

\*You will need 2 outfits for Friday & Saturday each (total 4 outfits) as there will be water activities on both days.

\*\*You will not be allowed to wear flip flops in the water.

\*\*\*Beds are provided with a sheet and pillowcase. Sleeping bags are provided too. However, we suggest students bring a sleeping sheet or personal blanket.