

# WWW BORNEO- KAMPUNG BONGKUD- PACKING LIST

You should consider that whatever you pack, you will have to carry it with you. Ideally you should have a large backpack or roller bag **and** a small day pack (30-35 litres). You should use the following checklist as a guide for your packing:

## ESSENTIAL ITEMS

- Photocopies of your passport
- Passport and Singapore ID
- Visa (check with your embassy website)
- Personal medicine (if needed)
- Spending money: about 100 Malaysian Ringgit

## ITEMS TO PACK

- ISS polo shirt-to be worn on plane and at airport departure and arrival
- 1-2 sets of lightweight, quick drying, loose fitting long-sleeved tops and trousers
- Underwear and socks – enough for 6 days, plus a spare pair
- 2 pairs of shorts
- 5 loose-fitting t-shirts
- A warm top (fleece or hoody)
- Well worn, comfortable and sturdy walking/ running shoes
- Hat, ideally with wide brim to protect head, face and neck from the sun
- Umbrella



- Sunglasses (with high UV protection)
- Sandals or flip flops
- Swim shorts / bathing suit
- Small day sack/rucksack (30-35 litres)
- 3-4 plastic bags for dirty and wet clothes
- Insect repellent spray (contains DEET or equivalent)
- Sunscreen lotion with SPF 30 or higher
- Water bottles (1 litre capacity minimum)
- Antibacterial hand sanitiser
- Head torch (flashlight) or small hand torch with spare batteries
- Pyjamas/ nightwear
- Personal washing kit (soap and shampoo)
- Lightweight travel towel
- Lightweight blanket or sleeping bag liner (mattress, pillow, blanket, and mosquito nets are provided)
- Lip balm with high SPF
- Wet wipes/ baby wipes/ tissue
- Mobile phone (only to be used at airport or when taking pictures)
- Notebook and pens or pencils
- Book
- Playing cards or small board games

Please note that you may be working in areas where the locals expect a certain dress code. In these cases you are asked to respect their customs and wear the appropriate levels of dress, e.g. long sleeves. Camouflage/ military clothing is also not suitable.