

ISF G5 – Investigation & Enquiry Program (28-30 Sep 2011)

行裝收拾 Packing :

參加者的個人物品應放置於一個中等尺碼之軟身旅行袋或無外架的背囊。
請不要攜帶有硬外架的背囊或硬身旅行箱。

Pack your personal belongings into only ONE medium-sized kit or duffel bag or a backpack with an internal frame.

Backpacks with hard external frames or suitcases are NOT ALLOWED.

建議攜帶之衣物及裝備 Suggested Clothing & Equipment List :

Items	Quantity	Items	Quantity
集合時裝束 Dress Code		個人物品 Personal Gear	
T 恤 T-shirt		身份證 Identity Card	
運動褲 Sports Trousers		筆、簿 Pen & Notebook	
運動襪 Sports Socks		個人藥物 (如有) Medicine (If needed)	
運動鞋 Sports Shoes		少量金錢 Small amount of money	
行李袋或背囊 Duffel Bag or Backpack			
帶備衫褲鞋襪 Clothing		戶外用品 Outdoor Gear	
T 恤 T-shirt	3-4	日用背囊 Daypack (25-30L)	1
鬆身褲 Trousers (NO JEANS)	1-2	水壺 Water Bottle (1L)	1
內衣褲 Underwear (sets)	2-3	電筒/頭燈 + 所需電芯 Torch/Headlamp + batteries	1
更換用襪 Socks (pair)	2-3	太陽帽 Sun Hat	1
涼鞋或拖鞋 Sandals or Slippers	1	太陽眼鏡 Sunglasses	1
防水風褸 Rain Jacket	1	太陽油 Sunscreen	1
禦寒衣物 Warm Clothing	1	可摺合雨傘 (如有) Folding Umbrella (If any)	1
		蚊怕水 Insect Repellent	1
梳洗及個人用品 Toiletries			
牙膏、牙擦 Tooth brush, Tooth paste			
沐浴液、洗頭水 Shower gel, Shampoo			
面巾、浴巾 Face cloth, Bath towel			
梳 Comb			
紙巾 Tissues			
鬚刨 (男-如需要) Razor (If needed)			
衛生巾 (女-如需要) Tampons/Sanitary Napkins (If needed)			