

## Packing list for Coast-to-Coast Trail

No.	Items	Checklist
1.	Bag pack (waterproof + lightweight)	
2.	Water bottle min of 2.5 litres	
3.	Windbreaker (optional)	
4.	Raincoat/Poncho	
5.	Personal First Aid and Medication (Muscle Pain cream, Yoko yoko)	
6.	Mobile phones (fully charged), power bank (optional)	
7.	Hand Towel	
8.	Energy bar + Buns + Candies + isotonic drink	
9.	Student Ez-link card	
10.	Insect repellent	
11.	Wet Wipes / Tissue	
12.	Toiletries (toothbrush and toothpaste)	
13.	Ziplock bag (trash)	