

- Canteen with catered food available!
- Camp 2
  - If you start at camp 2 your facilities won't be as great as that of camp 1
  - Place is generally muddier and looks more run down
  - Toilets and showers are available and can be cleaner than camp 1 if you start there
- Jelutong Campsite
  - WILD BOAR ATTACKS ARE COMMON! PUT YOUR TARP IN A CLEARLY VISIBLE PLACE
  - DO NOT STAND STILL. There are ants everywhere.
  - Ground shouldn't be too muddy
  - No showering facilities
  - Toilets are available, but are 400m away
- Kekek Campsite
  - And that's why you're only gonna be spending one day there at most
  - To get there you'll either hike or kayak from one of the other camps
  - It's really really muddy and also ant infested
  - Not to mention there are no toilets
  - Not even washing points so you're gonna be carrying your 20 litre jerry cans there
  - Bright side is, your instructors *may* let you take a dip in the Kekek Quarry and the water is super shiok
- Ketam Campsite
  - And that's why you're only gonna be spending one day there at most
  - To get there you'll kayak from one of the other camps
  - Zero Facilities, no toilets or showers
  - Sandflies common
  - Infamous for ants
  - Close to shore so not much walk needed from kayak
  - Just use wet wipes to clean yourself especially from kayaking
  - Does not even look like a proper camp at all, camp is public

## Your OBS Cheat Sheet

Hopefully this piece of paper will make your life at OBS easier.

Cut along the black lines. You can make a book. Instructions:

<https://www.youtube.com/watch?v=vqAq789sl-0> . Print double sided.

Day one tips:

- Ask your instructor whether you're going Kekek or Jelutong or Ketam.
  - Tips for each campsite are provided inside
- Distribute comfort food on the first night
- Get to know your watchmates – you're with them for the next 5 days
- Take a stroll at night when you have time, it's really peaceful (except that someone got attacked by a dog before) (so go in groups)
- Split the mealtime work – who cooks and who pitches tents
- Quickly decide on the ICs. Everyone is IC for something so please assign yourself to be something.

Bag packing tips:

- The tent is the heaviest. Delegate that role to the strongest people
  - Help that guy with his comfort/happy food
- The bags were designed to fit the OBS water bottles. If you want to use them, please at least rinse them first
- The jerry cans are fking heavy. Exercise caution when carrying
- Make sure the waist strap is tight – the majority of the weight should rest on your hips and not your shoulders.
  - Pull the waist straps and shoulder straps if needed

#### Morning tips:

- Try to wake up at least 1hr before morning PT
- Do some light exercises/stretching when you wake up, temps can be as low as 20°C in the morning. (due to low temps in early 2018 mostly, might not be as bad currently)
- Try to make efficient use of your 1hr – brush teeth, change, rinse down (if you want) (ration your clothing because you may need more than you expect)
- Once you're done you can relax and look around you and enjoy the serenity of Pulau Ubin
- Morning "PT" isn't very strenuous (compared to AC at least) so don't push yourself too much if you can't take it. The run is usually the most strenuous part.

#### Land expedition checkpoint locations:

- Chinese cemetery – behind the tree right at the front
- Bukit Puaka – Behind the tree after the first viewpoint
- Wei Tuo Temple: Behind a palm tree near the temple
- Old lady house: On a tree opposite the house
- Camp 2 back gate: On a tombstone

#### Before & during the land expedition:

- Try to accommodate a climb up Bukit Puaka. The view is amazing.
- Try to shorten the distance as much possible so your watch doesn't walk as much
  - Your instructor may make you walk the whole island. If so then GG
- Try to space out breaks at least 1 hour apart from each other.

1. However in the event that a dog does pose a threat, don't make eye contact and back off slowly

#### Other general tips:

- When packing and getting ready to leave, check to make sure you brought everything with you
- Try to conserve your energy, especially during land and sea ex. Don't go running around unless necessary.
- When going out at night to the toilet, etc, try to go in groups of at least 2. If one of you gets injured, the other can go call for help.
- When pitching the tent, please make check for ant nests, rocks or any other annoyance or danger on the ground.
- Try to shower if you can, you don't get to shower every day.
- You can drink water straight from the tap at Camps 1 & 2. You don't have to walk to the water cooler
  - There's no water at the public campsites. Conserve whatever water your watch has.
- Some suggested land ex routes are included below. Checkpoints are marked out for you.
- Enjoy OBS while you can, it's a once in a lifetime experience!

#### The camps:

- Camp 1
  - Best facilities, if your mobile (group of 4 watches) starts at camp 1, you'll have access to toilets directly at your store
  - Brick roads that are always nice to walk on
  - Best camping ground (least insects, least mud)
  - Try to take shits (and showers) at camp 1 when possible. Toilets are cleanest there



## Pulau Ubin Trail Map

Guide done by ACS Independent students Caius Chew (3.09) & See Tow Shiun Hou (3.11)

Contributions by other schools

Map data © OpenStreetMap Contributors & MINDEF

- Do not put your bag down immediately once you stop. Wait for a break to be issued by your navigator first. Don't break the momentum. Honestly don't take your bag off your shoulders at all because you'll have to get used to the weight again after that.
- Try to have lunch at one of the biking huts. They're quite common. They have dustbins so empty out all the junk in your bag. Food wrappers can and will attract insects once you hit the campsite.
- Doing your business
  - Boys – walk till you're out of sight of the rest of the watch and pee there. Try to hold your shit till you reach the campsite (hopefully there's toilets)
  - Girls – try to get an FUD and do the same thing as the boys

Before & during the sea expedition:

- Pick good sea ex leaders. Make sure they are strong and can lead (i.e. they're not retarded)
- Try to stick to your mobile and don't spread too far out (don't go past the port and starboard markers)
- **Commit to the commitment paddle**
- Chek Jawa is especially shallow, please paddle quickly
- The wind will usually push everyone towards the shore, so please paddle out before taking breaks (be very aware of how close you are to any surrounding land)
- Don't paddle too far out – the Singapore police coast guard may question your mobile when they make their round trips
- Doing your business
  - Sink into the water and pee there. Make sure it doesn't flow towards everyone else

- Get back up onto the kayak with assistance from others. Don't risk a capsize. It's a pain in the ass to level the kayak again (especially because it requires 2 kayaks)
- If it's a consolation: pee by itself is sterile (except that urea is toxic so y'all bio people can go tease the others) (Caius, the amount of urea in urine requires you to drink more than 100L of urine to have any effect. I don't take bio and I know this)

#### Animal avoidance:

- Wild boars
  1. Commonly seen at Campsite Jelutong and rarely at Camp 1/2.
- Monkeys
  1. If you see a bunch during your land ex, brisk walk past and don't make eye contact.
  2. If they're at your campsite, back away without making eye contact and inform the instructors
- Sandflies and ants
  1. To avoid being bitten, just keep moving your legs in general
  2. Walking on the spot is the best method to prevent getting bitten
- Snakes
  1. Very rare, but can sometimes be sighted
  2. For snakes running is recommended
- Bee swarm
  1. Run for your life, no need to stick to your watch
  2. Once the danger has passed, use the whistle you're hopefully wearing to call for the others
- Dogs
  1. Dogs are everywhere on Ubin and generally they don't pose any danger



<Shortest route to complete your checkpoints

All the best for your OBS!

Remember that instructions from the instructors will always override advice here.