



TREKKERS

www.trekkers.com.sg

JURONG WEST PRIMARY SCHOOL

P5 OUTDOOR ADVENTURE CAMP

28 – 30 SEPT 2023

TREKKERS PTE LTD



Specialize in Outdoor Education and Training needs since 1997.

Equipped with a team of capable, dedicated and experienced 21 years old and above trainers, we have been handling and coordinating programmes of various natures and requests for schools and organizations.

We ensure that we encompass and cover every aspect of the programme that is given to us.

www.trekkers.com.sg

OBJECTIVES:

1. To promote team spirit, build confidence and team building
2. To provide opportunities for student campers to work with their classmates/schoolmates to overcome challenges
3. To provide a platform for the development of students' leadership skills and social-emotional competencies
4. To build rapport with their form teachers through in-depth interaction

TELEPHONE CALLS:

- Important phone calls only
- Callers must give the camper's name and class
- Phone: **97910116 (Thu & Fri: after 5 pm, Sat: morning)**



SAFETY MEASURES

Safety is OUR priority.

Locally:

In case of emergency matters:

We will send the participant to a nearby 24 hrs clinic.

Or

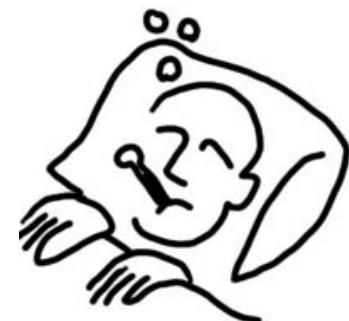
To nearest A&E.

- NUH Children Emergency

Students are to bring your own personal medication

MEDICAL MATTERS:

- Pack their personal medication along. Please ensure that the medication is packed in a Ziplock bag with instructions indicated. Sample can be seen in the next slide.
- Inform the teachers in advance so that arrangements can be made.
- First- aider on duty.
- A sick bay is located within the venues where campers may rest and recuperate from their injuries.
- Nearest clinic / hospital.



How to pack
your
personal
Medication?

Placed in a
Ziplock and
label
accordingly



Name:
Class:
Group:

Instructions for taking medication:
Time:
Dosage:

CAMP SITE

HOME TEAM NS – BUKIT BATOK



Pictures of Campsite



Sleeping Area



One of the 2 toilets...



The Rock Climbing Wall



PROGRAM – DAY 1

Day 1	A	B	C	D	E	F
0730			Morning Assembly			
0800			Admin Check			
0830			Head to Campsite			
0900			Camp Chief Opening			
0930			Ice Breakers			
1030			Flag Making			
1130			Allocation			
1200			Lunch			
1300	Low Elements	Outdoor Cooking	Rock Climbing	Abseiling	Orienteering to Xiao Gulin	
1430	Outdoor Cooking	Low Elements	Abseiling	Rock Climbing		
1600		Shower			Campfire Prep	
1700		Campfire Prep			Shower	
1800			Dinner			
1900		Night Activity			Campfire Prep	
2000		Campfire Prep			Night Activity	
2100			Debrief & Supper			
2200			Lights Out			

PROGRAM – DAY 2

Day 2	A	B	C	D	E	F
0630			Rise & Shine			
0700			Morning Exercise			
0715			Breakfast			
0800	Rock Climbing	Abseiling	Orienteering to Xiao Gulin	Low Elements	Outdoor Cooking	
1000	Abseiling	Rock Climbing		Outdoor Cooking	Low Elements	
1200			Lunch			
1300	Orienteering to Xiao Gulin	Low Elements	Outdoor Cooking	Rock Climbing	Abseiling	
1500		Outdoor Cooking	Low Elements	Abseiling	Rock Climbing	
1700	Shower			Campfire Prep		
1745	Campfire Prep			Shower		
1830			Dinner			
1930			Campfire			
2130			Debrief & Supper			
2230			Lights Out			

PROGRAM – DAY 3

Day 3	A	B	C	D	E	F
0700			Rise & Shine			
0730			Breakfast			
0830			Area Cleaning			
0930			Debrief			
1030			Evaluation			
1100			Closing			
1130			Head back to School			

ACTIVITIES

ACTIVITIES: ORIENTEERING TO XIAO GUILIN

- Students will have to navigate through a series of checkpoints using the map.
- At the checkpoints, students will have to complete tasks to earn themselves points for the race.
- Skills learnt –
 - Basic Map Reading
 - Symbol and legends
 - Safety awareness



ACTIVITIES: TREKKERS CHALLENGE (TEAM GAMES)



ACTIVITIES: BACKSWOODMAN COOKING

- Understand the risk involved in outdoor cooking
- Understand food preparation and food hygiene aspect of the
- Demonstrate care for the environment by keeping the area clean and taking care not to damage the environment.
- Working together as a group.



ACTIVITIES: LOW ELEMENTS



Low Elements are great interaction and communication tools that encourage teamwork and leadership among participants.

ACTIVITIES: HIGH ELEMENTS



MEALS

MEALS

- All Halal Meals by licensed caterer.
- Special meals will be catered for the students with special dietary.
 - Etc: Vegetarians – Pure Vegan Meals (No garlic/ No Onions/ No Eggs)
 - G6PD Safe - No peanuts & Beans etc.
 - Any others, please inform the teachers
- 2 Lunch, 2 Dinner, 2 Supper, 2 Breakfast, 1 Tea Break and biscuits available throughout duration.
- All meals are bento packed

PACKING LIST

Items	Qty	Description / Remarks	X
School T-shirt / Plain T-shirt	4	Inclusive of t-shirt worn to school on the 1 st day of reporting	
School shorts / Dark-coloured shorts	2	Inclusive of short worn to school on the 1 st day of reporting.	
Undergarments	4	Inclusive of 1 set worn to school on the 1 st day of reporting.	
Long Pants / Track Pants	2	(1 for sleeping, 1 for High Elements Activities)	
Shoes	1	Worn on Day 1	
Socks	4	Inclusive of 1 pair worn to school on the 1 st day of reporting.	
Slippers / Sandals	1	Worn only during shower	
Disposable Poncho / Raincoat / Umbrella	1	Either one	
Jacket	1	Optional	
Cap	1	Optional	
TOILETRIES			
Toothbrush & toothpaste	1		
Soap, Shampoo & Bath Towel	1		
Toilet Roll	1		

PACKING LIST

UTENSILS		
Water Bottle (min 750ml)	1	
Mug / Cup	1	
Fork & Spoon	1	Plastic / Metal (Disposable not allowed)
MISCELLANEOUS ITEMS		
Day Pack	1	Small bag to carry water bottle and poncho/raincoat during the camp.
Buff	1	For High Elements
Notebook & Stationaries	1	
Torch light	1	With spare batteries
Sleeping Bag / Blanket / Bed Sheet	1	Either one
Insect Repellent & Sun Block	1	
Plastic Bags	4	For soiled clothing
Personal Medication	1	e.g Flu, Cold, Fever medication

REPORTING DETAILS

- 28th September 2023 (Thursday)
- 7.20am in School
- Reporting Attire:
 - Camp T-Shirt
 - Long Pants / Shorts
 - School Shoes / Sports Shoes

Recommended:

- Pupils should **pack your own camp bag** or co-pack with their parents.
- Pupils should use a **backpack/duffle bag**.

Duffle Bag



Backpack



Day Bag / Drawstring Bag



SUN PROTECTION



Sunscreen



Arm Sleeves



**Buff
(To wear
with safety
helmet)**



Hat/Cap

PACKING LIST.

DO NOT BRING/PROHIBITED ITEMS:

1. Handphones / MP3 players, iPods, radio
2. Jewellery / Valuables/ Excessive cash
(Not more than \$10)
3. Electronic Games (e.g. IPad, PSPs) / Board / Card Games
4. Brand new / Expensive watches
5. Titbits / Soft drinks



Q & A SESSION