



TREKKERS

www.trekkers.com.sg

RAFFLES GIRLS PRIMARY SCHOOL

P5 OUTDOOR ADVENTURE GRIT CAMP

28th – 30th April 2025

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 programs of various natures and requests for schools and organizations.

Our instructors are carefully selected based on their qualifications, experience, and ability to engage with participants. Each instructor undergoes training in safety, facilitation, and activity-specific skills. We prioritise professionalism, passion, and continuous development to ensure safe, impactful, and high-quality camp experiences.

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

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OBJECTIVES:

The theme of the camp is “GRIT”

Graciousness, Resilience, Initiative, Teamwork

The objectives of the camp are :

1. To be exposed to a wide range of sporting and adventurous activities to inculcate self-discipline, personal confidence and resilience.
2. To promote outdoor adventure as a healthy outdoor activity through well-crafted and meaningful activities.
3. To strengthen team spirit and class bonding amongst peers.
4. To promote character building and develop leadership skills among ourselves .
5. To expand ' creative approach to challenges and problem-solving activities.

TELEPHONE CALLS:

- Important phone calls only
- Family members can call the school
Phone: 97210694 (**Only activated during Camp**)
- Callers must give the camper's
and class.



SAFETY MEASURES

- ***Safety is OUR priority.***

In case of emergency matters:

- We will send the student to a nearby 24 hrs clinic.

Or

- To nearest A&E

(National University Hospital, Children Emergency)

MEDICAL MATTERS:

- Pack their personal medication along. Please ensure that the medication is packed in a Ziplock bag labelled with name, class and 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:

PROGRAM – DAY 1

	5C		5D		5E		5F		5G		5H		5B		5I		5A	
Time	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
0730	Morning Assembly																	
0745	Attendance Taking																	
0800	Ice Breakers																	
0830	Egg Drop Challenge																	
1000																		
1100	Lunch																	
1145	Bus to Sentosa																	
1300	Amazing Race @ Sentosa Afternoon Tea break @ 4pm																	
1430																		
1700	Head to Bus Bay																	
1730	Bus to MOE Labrador Campsite																	
1800	Arrival @ Campsite										Head Back to MOE Labrador Campsite							
1830	Dinner										Shower							
1930	Shower										Dinner							
2030	Night Reflection & Campfire Prep																	
2130	Wash Up																	
2200	Lights Out																	

PROGRAM – DAY 2

	5C		5D		5E		5F		5G		5H		5B		5I		5A	
Time	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
0700	Rise & Shine																	
0730	Morning Stretch																	
0800	Breakfast																	
0900	PPE Don & Check (20 Mins)						Low Elements		Trekks Challenge		Backwoodsman Cooking				Gladiator		Tent Pitching	
0920	RC 1	Abseil	Indoor Rockwal l	HCC Lowe r tier	RC 2	Crate Stack												
0930							Trekks Challenge		Low Elements						Tent Pitching		Gladiator	
1000																		
1030	Backwoodsman Cooking				Gladiator		PPE Don & Check (20 Mins)						Tent Pitching		Low Elements		Trekks Challenge	
1100							RC 1	Abseil	Indoor Rockwal l	HCC Lowe r tier	RC 2	Crate Stack						
1130					Tent Pitching								Gladiator		Trekks Challenge		Low Elements	
1200																		
1230																		
1240																		
1300	Lunch																	
1330																		
1400	Low Elements		Trekks Challenge		Backwoodsma n Cooking		Gladiator		Tent Pitching		Backwoodsma n Cooking		PPE Don & Check (20 Mins)					
1420													RC 1	Abseil	Indoor Rockwal l	HCC Lowe r tier	RC 2	Crate Stack
1430																		
1500	Trekks Challenge		Low Elements		Tent Pitching		Gladiator											
1530																		
1600	Shower										Campfire Prep							
1700	Campfire Prep										Shower							
1800	Dinner																	
1900	Campfire																	
2100	Supper																	
2130	Wash Up																	
2200	Lights Out																	

PROGRAM – DAY 3

Time	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
0730	Rise & Shine																	
0800	Breakfast																	
0900	Area Cleaning																	
0930	Final Reflection & Evaluation																	
1030	Closing																	
1100	Bus to School																	
1200	End of Camp																	

ACTIVITIES

AMAZING RACE @ SENTOSA



VENUES:

MOE Labrador Outdoor Adventure Learning Campsite



CAMPSITE:



CAMPSITE:



TOILETS



LVL 1 LVL 2

CAMPSITE: DINING AREA



CAMPSITE: HIGH ELEMENTS



CAMPSITE: HIGH ELEMENTS



CAMPSITE: HIGH ELEMENTS



CAMPSITE: HIGH ELEMENTS



ACTIVITIES: TREKKERS CHALLENGE (TEAM GAMES)



ACTIVITIES: LOW ELEMENTS



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

It allow students to think out of the box solutions to solve the problem given.

ACTIVITIES: BACKWOODSMAN COOKING

- Understand the risk involved in outdoor cooking
- Understand food preparation and food hygiene aspects of the outdoor cooking process, including safe handling of ingredients, proper storage, cleanliness of utensils, and cooking food to safe temperatures.
- Demonstrate care for the environment by keeping the area clean and taking care not to damage the environment
- It is not a meal replacement



ACTIVITIES: TENT PITCHING



Students will learn to pitch up a dome tent. This is an activity which allow groups to communicate and work together to build up a temporary shelter.



CAMPFIRE



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 Breakfast, 2 Lunch, 2 Dinner, 2 Supper, 2 Tea Breaks and biscuits available throughout duration.

REPORTING DETAILS:

Day 1 (28th April)

- All are to report to school at **NORMAL REPORTING HOUR.**
School PE T-Shirt, track pants and good traction shoes.

Day 3: (30th April)

- Students will be depart from the camp at 11.30am.
- Lunch in school canteen from 12.30pm to 1.30pm (bring some cash)
- Usual School dismissal timing ie 1.30pm

HIGH ELEMENTS FOR SOP

SOP for HIGH ELEMENTS : NO HARD OBJECT ON BODY

Hard objects includes watches, jewellery such as rings, ear studs, earrings, chain, necklace, bangles, bracelets. Religious items also need to be removed.

Please ensure that your child DOES NOT wear them to camp. We will not safekeep anything that is removed at campsite.



PACKING LIST:

All items are compulsory unless otherwise stated.

Items	Qty	Description / Remarks	✓
School PE T-shirt	At least 2	Day 1 – Report to school & activities Day 2 – Either PE T-shirt or own T-shirt Day 3 – Return to school from campsite	
Red Camp T-shirt	1	Day 2 – will be issued before campfire	
Pupil's own T-shirt (Must be decent with no offensive wording or graphics to all religions and races)	2	<ul style="list-style-type: none"> For daytime activities on Day 2 Can be used for sleeping 	
School PE shorts	1	Day 3 – Return to school from campsite	
Long pants	1	For sleeping	
Track or long pants for all land activities Note : Pupils will <u>NOT</u> be allowed to participate in the activities if she <u>does not comply</u> with the attire guidelines for camp activities	2	For Day 1 & Day 2 activities <ul style="list-style-type: none"> Must be able to cover the ankle No jeans or three-quarter pants 	
Undergarments	4 sets	Inclusive of 1 set worn on the 1st day of reporting.	
Sports or school shoes	1 pair	For all camp activities	
Socks	3 pairs	Inclusive of 1 pair worn to school on the 1st day of reporting.	
Slippers / Sandals	1 pair	Worn only during shower and wash up	
Disposable Poncho / Raincoat / Umbrella	1 set	Compulsory (in case of wet weather)	
Jacket	1	Optional	
Cap / Hat	1	Optional	

PACKING LIST:

All items are
compulsory
unless otherwise
stated.

TOILETRIES

Toothbrush & toothpaste	1 set		
Soap, Shampoo & Bath Towel	1 each		
Toilet Roll	1 roll		

UTENSILS

Water Bottle (min 1 Litres)	2	1- filled with water & 1 - Spare empty bottle	
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PACKING LIST:

All items are
compulsory
unless otherwise
stated.

MISCELLANEOUS ITEMS			
Day Pack	1	Small bag to carry water bottle, poncho/raincoat, Notebook & stationery	
Notebook & Stationery	1 set		
Torch light	1	With spare batteries	
Sleeping Bag	1		
Insect Repellent	1		
Sun Block lotion	1		
Hand sanitizer	1		
Plastic Bags / Zip Lock Bag	4 pcs	For soiled clothing	
Thermometer	1		
Surgical mask	4	Optional	
Personal Medication	1 pack	As necessary e.g Flu, Cold, Fever medication Must inform teacher before taking the medicine	

PACKING LIST



Trackpants

- Luggage
- No earring or any form of jewellery

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



PACKING LIST

THINGS NOT TO BRING :

- MP3 players, iPods, radio
- Electronic Games / Board Games / Card Games
- (e.g. iPad, PSPs)
- Jewellery / Valuables/ Excessive cash (Not more than \$10)
- Brand new / Expensive or Smart watches
- Titbits / Soft drinks
- **HANDPHONES**

Q & A SESSION