



# TREKKERS

[www.trekkers.com.sg](http://www.trekkers.com.sg)

**RAFFLES GIRLS PRIMARY SCHOOL**

**P5 OUTDOOR ADVENTURE GRIT CAMP**

**2<sup>ND</sup> MAY – 4<sup>TH</sup> MAY 2024**

# 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.

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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 expose to a wide range of sporting and adventurous activities so as 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 our pupils.
5. To expand pupils' 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 participant 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 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:

# PROGRAM – DAY 1

Time	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	
0730	Morning Assembly																	
0745	Attendance Taking																	
0800	Bus to Campsite																	
0900	PPE Don & Check (20 Mins)				Backswoodman Cooking			Low Elements		Ice Breakers								
0920	Rock Climbing	Abseil	Bouldering	HCC Lower tier														
0930	Rock Climbing	Abseil	Bouldering	HCC Lower tier	Backswoodman Cooking			Low Elements		Tent Pitching	Trekkers Challenge	Orienteering @ Hort Park						
1000																		
1030																		
1100	Abseil	Bouldering	HCC Lower tier	Rock Climbing	Low Elements			Backswoodman Cooking		Trekkers Challenge	Tent Pitching							
1130																		
1200																		
1230	Return PPE (20 Mins)				Lunch			Lunch										
1240																		
1300																		
1330	Lunch																	
1400	Backswoodman Cooking			Low Elements			PPE Don & Check (20 Mins)				Orienteering @ Hort Park						Tent Pitching	Trekkers Challenge
1420							Rock Climbing	Abseil	Bouldering	HCC Lower tier								
1430																		
1500																		
1530	Low Elements			Backswoodman Cooking			Abseil	Bouldering	HCC Lower tier	Rock Climbing	Shower						Trekkers Challenge	Tent Pitching
1600																		
1630																		
1700																		
1730	Return PPE (20 Mins)				Dinner			Shower										
1740																		
1800																		
1830	Dinner																	
1900	Shower									Night Reflection								
1930	Night Reflection									Campfire Prep								
2000																		
2030																		
2100	Allocation																	
2130	Wash Up																	



# PROGRAM – DAY 2

Time	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
0700	Rise & Shine																
0730	Morning Stretch																
0800	Breakfast																
0900	Energizers								PPE Don & Check (20 Mins)					Backswodman Cooking		Low Elements	
0920									RC 1	Abseil	RC 2	HCC Lower tier	Boulder				
0930									Tent Pitching	Trekks Challenge	Orienteering @ Hort Park					Boulder	RC 1
1000	Trekks Challenge	Tent Pitching															
1030			Trekks Challenge	Tent Pitching	Return PPE (20 Mins)					Low Elements						Backswodman Cooking	
1100	Trekks Challenge	Tent Pitching			Return PPE (20 Mins)						Low Elements	Backswodman Cooking					
1130			Trekks Challenge	Tent Pitching	Return PPE (20 Mins)					Low Elements			Backswodman Cooking				
1200	Trekks Challenge	Tent Pitching			Return PPE (20 Mins)						Low Elements	Backswodman Cooking					
1230			Trekks Challenge	Tent Pitching	Return PPE (20 Mins)					Low Elements			Backswodman Cooking				
1240	Trekks Challenge	Tent Pitching			Return PPE (20 Mins)						Low Elements	Backswodman Cooking					
1300			Lunch														
1330	Lunch																
1400	Orienteering @ Hort Park				Tent Pitching	Trekks Challenge	Backswodman Cooking		Low Elements		PPE Don & Check (20 Mins)						
1420											Trekks Challenge	Tent Pitching	Rock Climbin g	Abseil	Boulder ing	HCC Lower tier	
1430					Trekks Challenge	Tent Pitching	Abseil	Boulder ing	HCC Lower tier	Rock Climbin g							
1500	Trekks Challenge	Tent Pitching	Backswodman Cooking								Low Elements		Abseil	Boulder ing	HCC Lower tier	Rock Climbin g	
1530					Trekks Challenge	Tent Pitching	Backswodman Cooking		Low Elements								Abseil
1600	Trekks Challenge	Tent Pitching	Backswodman Cooking								Low Elements		Abseil	Boulder ing	HCC Lower tier	Rock Climbin g	
1630					Trekks Challenge	Tent Pitching	Backswodman Cooking		Low Elements								Abseil
1700	Shower										Backswodman Cooking		Abseil	Boulder ing	HCC Lower tier	Rock Climbin g	
1730	Shower								Backswodman Cooking								Abseil
1800	Campfire Prep										Return PPE (20 Mins)						
1830	Campfire Prep								Shower								
1900	Dinner																
2000	Campfire																
2130	Supper																
2200	Wash Up																
2230	Lights Out																

# PROGRAM – DAY 3

Time	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
0730	Rise & Shine																
0800	Breakfast																
0900	Area Cleaning																
1000	Final Reflection & Evaluation																
1030	Closing																
1045	Bus to School																
1130	End of Camp																

# ACTIVITIES

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# VENUES:

MOE Labrador Outdoor  
Adventure Learning Campsite





# CAMPSITE:





# CAMPSITE: DINING AREA



# CAMPSITE – ACCOMODATION AREA





# CAMPSITE: ELEMENTS





# ACTIVITIES: HIGH CHALLENGE ROPE COURSE





# ACTIVITIES: BOULDERING





# ACTIVITIES: ABSEILING



# ACTIVITIES: ROCK CLIMBING





# ACTIVITIES: TREKKERS CHALLENGE (TEAM GAMES)



# ACTIVITIES: BACKWOODSMAN 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
- It is not a meal replacement





# ACTIVITIES: TENT PITCHING



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





# 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.



# CAMPFIRE

Each Class to come with their own campfire cheer.



# MEALS

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# 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 (2<sup>nd</sup> May)

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

## Day 3: (4<sup>th</sup> May)

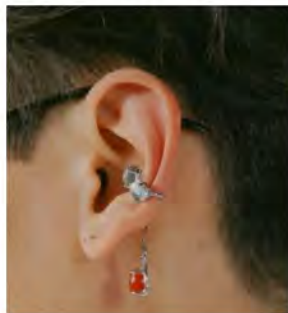
- Pupils will be dismissed at 11.30am from the camp.
- Parents may pick up your child at 12 noon.

# HIGH ELEMENTS FOR SOP

SOP for HIGH ELEMENTS : NO HARD OBJECT ON BODY



Hard object includes watches and body jewellery such as rings, ear studs, earrings, nose stud, nose ring, tongue stud, chain, necklace, bangle, bracelet. Religious items need to be removed from the body during High Elements





## 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:

All items are compulsory unless otherwise stated.

## THINGS TO BRING

*(Label your name on all items)*

Items	Qty	Description / Remarks	✘
School T-shirt / Plain T-shirt	3	Inclusive of t-shirt worn to school on the 1st day of reporting	
School shorts / Dark-coloured shorts	2	Inclusive of short worn to school on the 1st day of reporting.	
Undergarments	4	Inclusive of 1 set worn to school on the 1st day of reporting.	
Long Pants / Track Pants	2	(1 for sleeping, <b>1 for High/Low Elements</b> )	
Shoes	1	Inclusive of 1 pair worn to school on the 1st day of reporting.	
Socks	3	Inclusive of 1 pair worn to school on the 1st day of reporting.	
Slippers / Sandals	1	Worn only during shower and wash up	
Disposable Poncho / Raincoat / Umbrella	1	<b>Compulsory</b> (Disposable Poncho get <b>2</b> )	
Jacket	1	Optional	
Cap / Hat	1	Optional	
<b>TOILETRIES</b>			
Toothbrush & toothpaste	1		
Soap, Shampoo & Bath Towel	1		
Toilet Roll	1		

# PACKING LIST:

All items are compulsory unless otherwise stated.

## THINGS TO BRING

*(Label your name on all items)*

Items	Qty	Description / Remarks	✕
<b>UTENSILS</b>			
Water Bottle (min 1 Litres)	2	1- Spare bottle	
Mug / Cup	1	Plastic / Metal ( <b>Disposable not allowed</b> )	
Fork & Spoon	1		
Bowl	1		
<b>MISCELLANEOUS ITEMS</b>			
Day Pack	1	Small bag to carry water bottle and poncho/raincoat	
Blindfold	1	Night activity	
Notebook & Stationery	1		
Torch light	1	With spare batteries	
Sleeping Bag / Blanket / Bed Sheet	1	Either one	
Insect Repellent & Sun Block	1		
Plastic Bags / Zip Lock Bag	4	For soiled clothing	
Thermometer	1		
Personal Medication	1	e.g Flu, Cold, Fever medication	



# PACKING LIST



Trackpants



Duffle / Backpack

- Leggings
- Luggage
- No earring or any form of jewellery

# PACKING LIST

## THINGS NOT TO BRING :

- **Handphones** / 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 watches
- Titbits / Soft drinks

# Q & A SESSION

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