



# TREKKERS

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**RAFFLES GIRLS' PRIMARY SCHOOL**

**P5 OUTDOOR ADVENTURE CAMP**

**28<sup>th</sup> – 30<sup>th</sup> April 2026**

# OBJECTIVES:

The theme of the camp is “G. R. I. T”

## **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 students .
5. To expand ' creative approach to challenges and problem-solving activities.

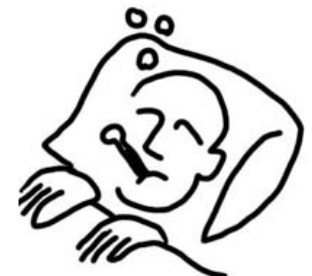
# TELEPHONE CALLS:

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



# 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 campsite where campers may rest and recuperate.
- 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:

# REPORTING DETAILS:

## Day 1 (28<sup>th</sup> April, Tuesday)

- All are to report to school as **USUAL** ie 7.20am.

School PE T-Shirt, track pants and good traction shoes.

## Day 3: (30<sup>th</sup> April, Thursday)

- Students will be depart from the camp at 11.30am.
- Settle your own lunch in school canteen from 12.30pm to 1.30pm  
(bring some cash)
- Usual School dismissal timing ie 1.30pm
- Parents can only drive-in after 1.45pm

# VENUES:

## MOE Labrador Outdoor Adventure Learning Campsite



# CAMPSITE:



# CAMPSITE:



TOILETS



LVL 1 LVL 2

# CAMPSITE: DINING AREA



# ACTIVITIES

# CAMPSITE: HIGH ELEMENTS



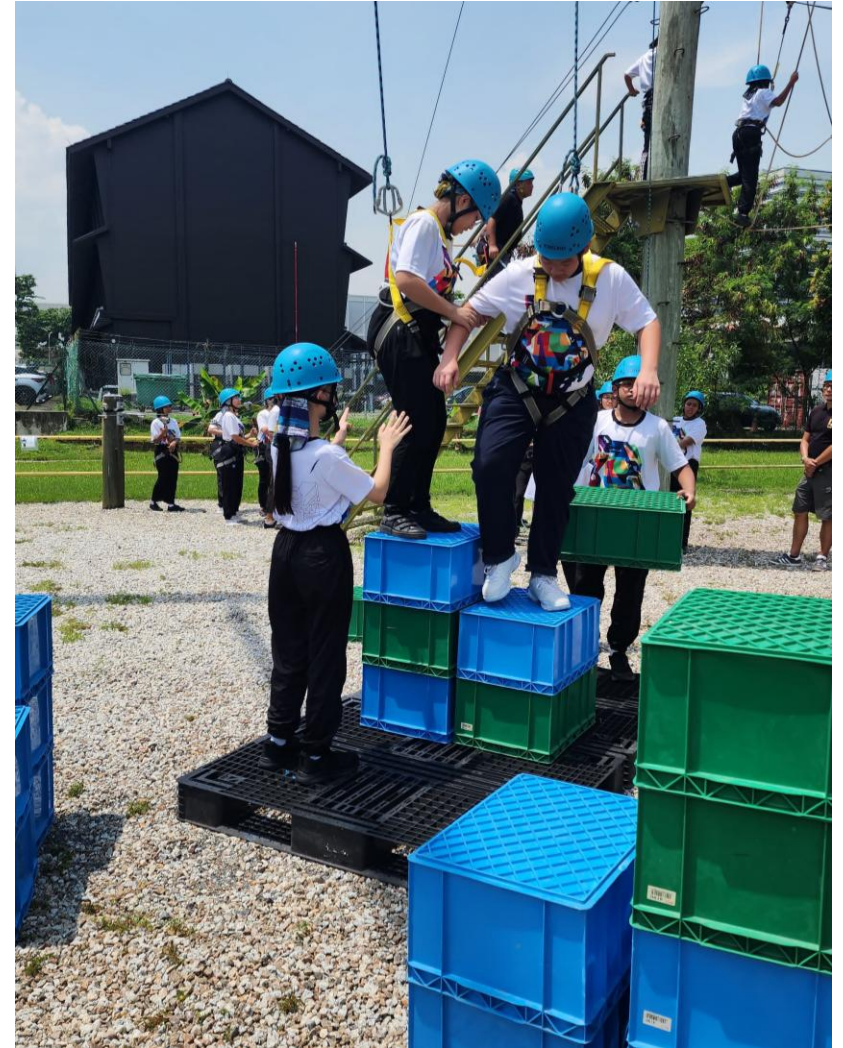
# CAMPSITE: HIGH ELEMENTS



# CAMPSITE: HIGH ELEMENTS



# CAMPSITE: HIGH ELEMENTS



# ACTIVITIES: TREKKERS CHALLENGE (TEAM GAMES)



# ACTIVITIES: TENT PITCHING



Students will learn to pitch a dome tent. This is an activity which allow students to communicate and work together in building a temporary shelter.



# ACTIVITIES: LOW ELEMENTS



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

These activities allow students to think out of the box/ creatively to solve the problem on task.

# ACTIVITIES: BACKWOODSMAN COOKING

- Understand the risk(s) 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
- This is not a meal replacement. Students will still be provided with proper meals.



# CAMPFIRE



# MEALS

# MEALS

- All meals are Halal provided by licensed caterer.
- Special meals will be catered for the students with special dietary needs.
  - eg: 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.

# 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 in PE T-shirt	
Own T-shirt (Must be decent with no offensive wording or graphics to all religions and races)	2	Day 2 – If student does not have enough PE T-shirts (for day activities) • Can be used for sleeping	
Long pants	1	For sleeping	
Track or long pants for all land activities  Note : Students will <b>NOT</b> be allowed to participate in the activities if she <b>does not comply</b> with the attire guidelines for camp activities.	2	For Day 1 & Day 2 activities • Must be able to cover the ankle • <b>No jeans, tight-fitting stretch pants or three-quarter pants</b>	
School PE shorts	1	Day 3 – Return to school from campsite	
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	4 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	<b>Compulsory</b> (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	
Mug / Cup	1	Plastic / Metal (Disposable not allowed)	
Fork & Spoon	1 set		
Bowl / Plate / Mess Tin	1		

# 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	6		
Personal Medication	1 pack	As necessary e.g Flu, Cold, Fever medication <b>Must inform teacher before taking the medicine</b>	

# 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 removes them at home and DOES NOT wear them to camp. We will not safekeep anything that is removed at campsite.**



# PACKING LIST



Trackpants – for safety reasons



- No 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 :

- Electronic devices (e.g. IPad, PSPs, Switch)
- Board Games / Card Games
- Jewelry / Valuables/ Excessive cash (Not more than \$10)
- Brand new / Expensive or Smart watches
- Titbits / Soft drinks

## RESTRICTED ITEM:

- **HANDPHONES**
  - Safekeep by teachers on Day 1 morning and will be returned back after camp on Day 3.

# Q & A SESSION