

ACS(J) P5 Camp



- To enhance self-awareness and management
- To acquire basic life skills for independent /outdoor living
- To develop resilience and challenge oneself in an outdoor setting
- To develop awareness to the physical environment
- To foster collaboration skills

OBJECTIVES

- To make responsible decisions for self and team
- To develop resilience and challenge oneself through experiential games
- To collaborate to accomplish team goals
- To make responsible decisions for the team
- To have fun and building lasting relationships/memories

OBJECTIVES

- MOE Jalan Bahtera Adventure Centre
- 1 April (Monday) to 3 April (Wednesday)
- 1 April Monday – report to school 7.30am (assembly as per normal)
Attire – school corporate T-shirt (red/white),
- 3 April (Wednesday) – dismissal from school at 12.30pm

WHERE and WHEN?

- Be responsible for yourself
- One for all, all for one
- Punctuality
- Use of mobile phones when permission given Safety begins with me
 - Tell your teacher if you are unwell

Camp Guidelines/Rules

- 4 t-shirts (need not be school t-shirts)
- 1 set of sleep wear (for 2 nights)
- 2 pair of trackpants/long pants (challenge and high ropes course) ***Compulsory. Note: Jeans are not allowed**
- 4 pairs of underwear
- 3 pairs of socks (1 pair school socks to be worn to school)
- 1 pair of track shoes (all activities) ***Compulsory**
- 1 pair of slippers (shower) ***Compulsory**
- 1 bathing towel
- Sleeping bag/sleeping mat
- Toiletries eg. Toothpaste, toothbrush, shampoo and soap/shower gel
- Own medication (eg. Asthma inhaler, medication of allergies, etc))
- At least 3 ziplock bags/ plastic bags for dirtied clothes

Pack List

- Insect repellent/patches (burning coil type is not allowed)
- Cap / Hat / sun block lotion
- Hangers
- Poncho/raincoat ***Compulsory**
- White Corporate T-shirt to be worn to school on the first day (not included in point (1))
- Water bottle with sling (1L) ***Compulsory**
- Non-disposable fork, spoon, plate, mug/cup (able to hold hot drinks) * **Compulsory for all meals**
- Writing materials (Pen) ***Compulsory**
- Torchlight

Do NOT bring the following items:

- All electronic devices not allowed at the campsite. (Except for mobile phone)
- Suit cases/large luggage (would not be easy to carry)
- Food/snacks

Pack List

- Cut your hair and fingernails
- Ensure you packed the essential items eg. Clothes (trackpants), toiletries, shoes, water bottle with sling, eating utensils & plate, medication
- A good night sleep on Sunday

Getting ready ...

CAMP ACTIVITIES

- High rope courses
- Trek / Night Walk
- Experiential challenge activities
- Team bonding activities
- Camp fire



Sleeping area



