

## 2023 Sec One's 3D1N Camp – Camp Overview and Packing List

<b>Camp Overview</b>		
 <b>23 May Tue</b>	<b>24 May Wed (overnight)</b>	 <b>25 May Thu</b>
<u>730-1030am</u>	<u>730-9am</u>	<u>7am</u>
STEM Program + Recess (no meal provided)	Class cheers + LV Dance	<b>Breakfast</b>
<u>11-1245pm</u>	<u>9-1215pm (session 1)</u>	<u>8-1115pm (session 3)</u>
Peer Support Training + Class banner/cheers <b>Lunch</b>	Camp activities: Hike/bouldering/outdoor education/team building <b>Lunch</b>	Camp Activities
<u>2-5pm</u>	<u>130-445pm (session 2)</u>	<u>12pm</u>
Dragonboating Return to sch by 545pm	Camp activities	Break camp
	<u>530pm onwards</u> <b>Dinner + Campfire</b>	

### DAY 1 – TUES 23 MAY 2023

#### (1) Activities in school

Attire – PE attire (with covered shoes and socks) & water bottle (at least 500ml capacity)

#### (2) Dragon Boating @Kallang Marina Reservoir

S/N	Items	Remarks
1	<b>Water bottle (at least 500ml capacity)</b>	<ul style="list-style-type: none"> <li><b>Compulsory</b></li> <li>Top it up full before leaving school</li> </ul>
2	<b>Personal medication</b>	<ul style="list-style-type: none"> <li>Label your medication clearly and put in a waterproof bag</li> <li>Inform your FTs/teachers-in-charge and carry your medication with you at all times</li> <li><b>Ventolin Inhaler</b> is a must if you are on prescription, regardless of when the last occurrence was</li> </ul>
3	<b>Spectacle hook/chain</b>	<ul style="list-style-type: none"> <li><b>Compulsory</b> if you wear spectacles (<i>it will be quite impossible to recover items that drop into the reservoir</i>)</li> </ul>
4	Day Bag & 'Wet Bag'	<ul style="list-style-type: none"> <li>Can be a small bag to put belongings while traveling</li> <li>'Wet bag' or plastic bags to contain wet attire and footwear</li> </ul>
5	Small towel	For quick drying and change-out after water activity
6	Additional set of clothes (school-based) and undergarments	<ul style="list-style-type: none"> <li>For change-out after water activity</li> <li>School-based clothes: school polo/PE t-shirt with school/PE shorts/skirt for travelling</li> </ul>
7	Booties or covered shoes	<ul style="list-style-type: none"> <li>Strictly no sandals (including Cros), flip-flops and slippers</li> <li>Prepare 2 pairs of covered shoes (one pair would be your school shoes) if you intend to use another pair for the activity as your feet will certainly get wet</li> </ul>
8	Personal UV protection:	<ul style="list-style-type: none"> <li>Wear long sleeved t-shirt/rash guard to protect yourself from heat burn</li> </ul>

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	hat, cap, sun-screen lotion, sun-glasses, moisturizer, arm sleeves or rash guard	<ul style="list-style-type: none"> <li>Wear t-shirts of a material that does not soak up water easily e.g. dry fit t-shirts (<i>you don't want to be a walking drenched towel</i>)</li> </ul>
9	Face mask	1 piece for personal use
10	<ul style="list-style-type: none"> <li>Light snack, e.g. energy bar</li> <li>Insect repellent</li> </ul>	Optional

- School shoes and socks **MUST BE WORN** when reporting to school, travelling out AND returning to school after the dragon-boating activity.
- There will be no showering after the activity – you will have a quick dry-up and change into your dry clothes after the activity. If you have any concern about this due to any medical condition, please speak to your FTs or Mr Raymond Tan about it.
- No valuables** are to be brought for the activity. Your handphone must be kept on land.

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**DAYS 2 & 3 – WED 24 MAY & THURS 25 MAY 2023**

All activities are held in school except for the hiking activity to Tampines Eco Green and Sun Plaza Park. Please take note that you are required to stay overnight in school on Wednesday, 24 May.

S/N	Items	Remarks
1	Water bottle (at least 500ml)	<b>Compulsory</b>
2	Personal medication	<ul style="list-style-type: none"><li>Label medication clearly</li><li>Inform your FTs/teachers-in-charge</li><li><b>Ventolin Inhaler</b> is a must if you are on prescription, regardless of when the last occurrence was</li></ul>
3	Day Bag & 'Wet Bag'	<ul style="list-style-type: none"><li>Can be a school bag to put your belongings for the 3-day camp (Do not buy a new bag just for this camp)</li><li>'Wet bag' or plastic bags to contain wet attire and footwear</li></ul>
4	PE attire (t-shirt and shorts)	2 sets, including what you will be wearing to school on 24 May
5	Face towel, toothpaste, toothbrush, shampoo, shower gel	Sufficient for use
6	Additional set of clothes	Comfortable wear for sleeping and admin time
7	Undergarments	1 – 2 pairs
8	Covered sports or school shoes	1 pair
9	Socks	2 pairs
10	Slippers/Sandals	Only for admin use, e.g. going to the toilet
11	Spectacle hook/chain, cap, sunscreen lotion	Optional
12	Light Snack, e.g. energy bar	Optional