



THE SINGAPORE SCOUT ASSOCIATION

Punggol Cove Primary School

P5 Cohort Camp 2023
Parents Briefing





Who are we?

Sands Leadership Development Centre

An initiative of

The Singapore Scout Association



Date of Programme:

Monday, 31st Jul – Wednesday, 2nd Aug 2023

31 Jul (Mon): Report to school by 7.30 a.m.

2 Aug (Wed): Dismissal from school at 1.30 p.m.



Venue: Sarimbun Scout Camp





Address: 70 Jalan Bahtera, Singapore 719921






Camp Objectives

- **Emotional development:** Participants will be able to recognize and understand their own feelings and actions, and those of others.
- **Self-evaluation:** Participants will be able to evaluate their own performance on a self-identified goal and integrate feedback to improve performance.
- **Team development and cooperation:** Participants will be able to work with peers to reach common goals (teamwork).
- **School values:** Participants will be able to acquire and practice social competencies and the school values through interacting with each other.
- **Sense of place:** Participants will be able to have a deeper appreciation and ignite their sense of curiosity for nature.

Camp Programme

	SANDS LEADERSHIP DEVELOPMENT CENTRE An initiative of The Singapore Scout Association					Legend	Troop A Class 1 - 3	Troop B Class 4 - 6
	Punggol Cove Primary School 3D2N Residential P5 Outdoor Adventure Learning Camp 2023						Troop C Class 7 - 8	Long Pants
Day 1 - 31 July 2023, Monday								
Time / Class	1	2	3	4	5	6	7	8
0900h	Travel to Campsite							
1000h	Welcome Address / Setting the Tone / Campsite Orientation							
1030h	Ice Breakers / Full Values Contract / Checking In of Accommodation							
1200h	Lunch							
1330h	Low Elements (Whale Watch, Minefield, Wild Woozy)	Catapult Building	High Elements: Abseil	High Elements: Rock Wall	Campfire Preparation	Outdoor Cooking	Orienteering Race	Nature Trail
1500h	Afternoon Snack							
1530h	Nature Trail	Low Elements (Whale Watch, Minefield, Wild Woozy)	Catapult Building	High Elements: Abseil	High Elements: Rock Wall	Campfire Preparation	Outdoor Cooking	Orienteering Race
1700h	Orienteering Race	Nature Trail	Low Elements (Whale Watch, Minefield, Wild Woozy)	Catapult Building	High Elements: Abseil	High Elements: Rock Wall	Campfire Preparation	Outdoor Cooking
1830h	Dinner							
1930h	Night Activity: Blind Man's Trail							
2030h	Debrief / Reflection			Shower			Supper	
2100h	Supper			Debrief / Reflection			Shower	
2130h	Shower			Supper			Debrief / Reflection	
2200h	Lights Out							

Day 2 - 01 Aug 2023, Tuesday								
Time / Class	1	2	3	4	5	6	7	8
0630h	Rise and Shine							
0700h	Breakfast							
0800h	Swap of Accommodation							
0830h	Energizers / Recap of Day 1							
0900h	Outdoor Cooking	Orienteering Race	Nature Trail	Low Elements (Whale Watch, Minefield, Wild Woozy)	Catapult Building	High Elements: Abseil	High Elements: Rock Wall	Campfire Preparation
1030h	Campfire Preparation	Outdoor Cooking	Orienteering Race	Nature Trail	Low Elements (Whale Watch, Minefield, Wild Woozy)	Catapult Building	High Elements: Abseil	High Elements: Rock Wall
1200h	Lunch							
1300h	High Elements: Rock Wall	Campfire Preparation	Outdoor Cooking	Orienteering Race	Nature Trail	Low Elements (Whale Watch, Minefield, Wild Woozy)	Catapult Building	High Elements: Abseil
1430h	High Elements: Abseil	High Elements: Rock Wall	Campfire Preparation	Outdoor Cooking	Orienteering Race	Nature Trail	Low Elements (Whale Watch, Minefield, Wild Woozy)	Catapult Building
1600h	Afternoon Snack							
1630h	Catapult Building	High Elements: Abseil	High Elements: Rock Wall	Campfire Preparation	Outdoor Cooking	Orienteering Race	Nature Trail	Low Elements (Whale Watch, Minefield, Wild Woozy)
1800h	Dinner							
1900h	Song Session							
1930h	Campfire!							
2100h	Supper			Debrief / Reflection			Shower	
2130h	Shower			Supper			Debrief / Reflection	
2200h	Debrief / Reflection			Shower			Supper	
2230h	Lights Out							

Day 3 - 02 Aug 2023, Wednesday								
Time / Class	1	2	3	4	5	6	7	8
0700h	Rise and Shine							
0730h	Breakfast							
0830h	Appreciation Letter							
1000h	Checking Out of Accommodation / Area Cleaning							
1100h	Camp Closing							
1200h	Travel to School							
1300h	Dismissal / End of Programme							



Camp Activities

- Team Building Activities
- Low Elements
- Low Wall
- Abseiling
- Rock Wall
- Outdoor Cooking
- Orienteering Race
- Nature Trail
- Camp Fire



Camp Activities

Team Building





Camp Activities

Low Elements





Camp Activities

- Climbing and abseiling facilities at Sarimbun Scout Camp are accredited by the Singapore Sport Climbing and Mountaineering Federation (SSCMF).
- All instructors conducting the various outdoor adventure facilities activities are MOE-registered and have the relevant certifications from the Association for Challenge Course Technology (ACCT).

Abseiling



Rock Climbing





Main Gathering Point / Dining Area

Activity Hall



Camp Details - Toilets / Water Point

Field Toilets



Filtered water at Field Toilets' and Admin Block





Students' Accommodation



Dorm Block



A-Hut





Meals

- Meals will be catered from licensed caterers.
- No seafood in all catered meals.
- Vegetarians will be catered for.
- Snack breaks will be provided.
- Students will be reminded to drink and refill water at water coolers.

Packing List

Packing List for Punggol Cove Primary School P5 2023				
No.	Items	Quantity	Remarks	Packed
1	Pen and Notebook	1 set		
2	T-shirts	Minimum 3	Recommended to have at least 1 long-sleeved shirt.	
3	Shorts	Minimum 2		
4	Track Pants	2 sets	Please wear a long pants when reporting to school. No tights / leggings / jeans are allowed.	
5	Undergarments	Minimum 4 sets		
6	Night wear / Pajamas	1 set		
7	Jacket	1		
8	Hat / Cap	1		
9	Socks	Minimum 3 spare pairs		
10	Shoes for activity	2	Preferably track / hiking shoes. Important to bring an extra pair in case the other pair gets wet.	

11	Sandals / Slippers	1	Only to be worn for showering purposes only.	
12	Water Bottle	Compulsory	Minimum 1 litre	
13	Torchlight / Head torch	1	Bring spare batteries and bulb	
14	Fork, Spoon, and Mug	1 set	Do not bring disposable cutlery. Avoid bringing breakable items.	
15	Toiletries (toothbrush, toothpaste, shampoo, body wash / soap, 1 roll of toilet paper, etc.)	Compulsory	Bring female hygiene products if needed.	
16	Bathing Towel	1	For showering purposes only.	
17	Small Towel	1		
18	Sleeping Bag	Compulsory		
19	Insect Repellent	Compulsory		
20	Plastic Bags	Minimum 3	For storing wet clothing.	
21	Day Bag	1	For you to put your ponchos, medication, water bottle, booklet, and pen.	
22	Zip Lock / Plastic Bag	Minimum 2	To keep your used clothes.	
23	Poncho	Recommended	Recommended to bring in case of wet weather.	
24	Sunblock Lotion	Recommended		
25	Personal Medication (if any)	Recommended	Bring your inhaler if you are asthmatic.	

REMEMBER TO LABEL ALL YOUR ITEMS TO AVOID LOSING THEM.

AVOID BRINGING UNNECESSARY ITEMS.



Emergency Number to contact students

In case of emergency, please call the following numbers.

- School Handphone : **9784 6562**
- Campsite Number : **9113 4632**



Important Reminders

- ❑ Do not bring valuables for P5 Cohort Camp.
- ❑ Label ALL personal items.
- ❑ Take note of:
 - Reporting / Dismissal Time
 - Attire
 - Packing List





THANK YOU!

SANDS LEADERSHIP DEVELOPMENT
CENRTE



@SANDSLEADERSHIP



Connect with us

#TEAMSARIMBUN

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