



# Primary 5 3-Day Outdoor Residential Camp 2026

Parents' Briefing  
(5G, 5H, 5I, 5J, 5K, 5L)

29 January 2026

# Agenda

1. Camp Objectives
2. Date & Venue
3. Camp Programme and Activities
4. Meals
5. Transport Arrangements
6. Hygiene Best Practices
7. Reporting for Day Camp
8. Dismissal Arrangements
9. Packing List
10. Contacting Students for Emergencies



# Camp Objectives

## CAMP OBJECTIVES:

1. To help students understand and develop independence and inter-dependence.
2. To enable them to develop resilience and ruggedness.
3. To reinforce their understanding of the Five Practices of Exemplary Leadership\* through practice in authentic settings.
4. To provide students opportunities to relate science concepts learnt in school to real life examples in the natural world and invoke their curiosity and appreciation.
5. To foster bonding and camaraderie amongst students as a class.





# Dates & Venues

## Group 2: 5G, 5H, 5I, 5J, 5K, 5L

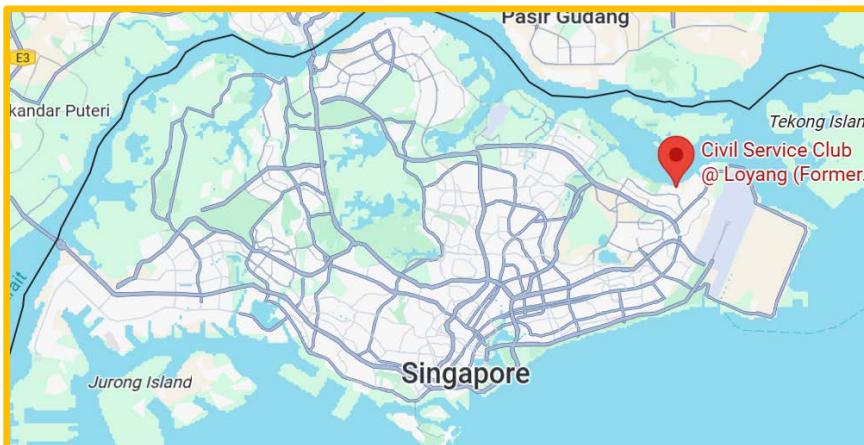
Date	Time	Activities	Venue
4 Mar 2026 (Wed) [T1W9]	0715 – 2200	<ul style="list-style-type: none"> <li>▪ Team Bonding Games</li> <li>▪ Low Element</li> <li>▪ High Challenge Course</li> <li>▪ Tent Pitching</li> <li>▪ Outdoor Cooking</li> <li>▪ Reflections</li> <li>▪ Camp Fire</li> <li>▪ Nature Walk</li> </ul>	<ul style="list-style-type: none"> <li>▪ Civil Service Club @ Loyang (CSC)</li> </ul>
5 Mar 2026 (Thu)	0715 – 2200	<ul style="list-style-type: none"> <li>▪ Forest Adventure @ Bedok Reservoir</li> </ul>	
6 Mar 2026 (Fri)	0715 – 1230	<ul style="list-style-type: none"> <li>▪ Pasir Ris Mangroves</li> </ul>	

## Civil Service Club @ Loyang



Security services are available

159W Jln. Loyang Besar, S(507020)





# Camp Programme

# Camp Programme – Day 1: CSC @ Loyang: 4 Mar (5G to 5L)

Day 1						
Time	Class 1	Class 2	Class 3	Class 4	Class 5	Class 6
0730 – 0800			Camp Administration			
0800 – 0830			Bus Transfer to Loyang CSC			
0830 – 0930			Camp Opening			
0930 – 1030			Campsite Familiarization			
1030 – 1100			Flag Making + Goal Setting / Morning Tea-break			
1100 – 1300			Teambuilding Activities			
1300 – 1400			Lunch			
1400 – 1800	Hike & Nature Walk		Outdoor Cooking / Low Elements		High Elements @ Forest Adventure	
1800 – 1900			Dinner			
1900 – 2000			Celebration Night Prep			
2000 – 2100		Debrief & Reflections + Supper			Wash Up	
2100 – 2200		Wash Up		Debrief & Reflections + Supper		
2200			End of Day 1			

The camp schedule is subject to change due to unforeseen circumstances, including but not limited to weather conditions or logistical adjustments.

# Camp Programme – Day 2 : CSC @ Loyang: 5 Mar (5G to 5L)

## Day 2

Time	Class 1	Class 2	Class 3	Class 4	Class 5	Class 6
0630 – 0700			Rise & Shine			
0700 – 0730			Attendance Taking & Warm Up for the Day!			
0730 – 0815			Breakfast			
0815 – 1215	High <u>Elements @</u> Forest Adventure		Hike & Nature Walk		Outdoor Cooking / Low Elements	
1215 – 1315			Lunch			
1315 – 1800	Outdoor Cooking / Low Elements		High Elements @ Forest Adventure		Hike & Nature Walk	
1800 – 1900			Dinner			
1900 – 2015			Celebration Night			
2015 – 2115		Debrief & Reflections + Supper			Wash Up	
2115 – 2215		Wash Up		Debrief & Reflections + Supper		
2215			End of Day 2			

## Day 3

Time	All Classes
0630 – 0700	Rise & Shine
0700 – 0730	Attendance Taking & Warm Up for the Day!
0730 – 0830	Breakfast
0830 – 0900	Dormitory Check Out
0900 – 0945	Finale Challenge: Conquer in 100
0945 – 1030	Final Debrief & Reflections + Program Evaluation
1030 – 1115	Prize Presentation + Camp Closing + Photo Taking
1115 – 1200	Bus Transfer Back to School
1230	End of Camp



# Camp Activities

## Camp Activities

- Team Building Activities
- Low Elements
- High Challenge Course
- Zipline
- Low Wall
- Outdoor Cooking
- Nature Walk
- Camp Fire
- Reflections



## Nitro Crossing

### Spider's Web





**Multi-Vine**

**Mohawk Walk**



# High Challenge Course



Source: <https://forestadventure.com.sg>

# Team Building Activities



# Outdoor Cooking



# Student Dormitories



- **Clean, secure and well-ventilated.**
- **Separate dormitories for girls and boys.**
- **Recommended to pack a sleeping bag / liner for comfort and warmth.**



# Meals

## Meals

- All meals will be served in **Bento-set formats**.
- Choice of **Non-vegetarian** or **Vegetarian** meals.
- All food is **halal**.
- Snack breaks will be provided.



\*Images are for illustration purposes only

## Meal Etiquette & Expectations

- Wash hands before and after meals.
- Finish your food to avoid wastage.
- Stack empty trays at bin area.
- Clean up after yourself.



# Transport Arrangements

## Transport Arrangements

- Transport will be provided for students to and from the external camp venues.
- All bags must be stored in the bus's luggage compartment.
- Passengers are required to remain seated with their seatbelts fastened at all times.





# Good Hygiene Habits

## **Good Hygiene Practices**

1. Trim your nails before the trip.
2. Wash hands with soap before and after each activity.
3. Avoid sharing personal belongings.
4. Wear buffs before wearing helmets.
5. Dispose your waste responsibly.





# Reporting for Camp

## Group 1: 5G – 5L

**Date** 4 Mar 2026 (Wed) - T1W9

**Time** By 7.15 a.m.

**Venue** Basketball Court

<b>Attire</b>	<ul style="list-style-type: none"><li>• PE T-shirt and long pants</li><li>• Pants can be of any colour</li><li>• School shoes/sports shoes</li><li>• No jewellery are allowed</li></ul>
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# Dismissal Arrangements

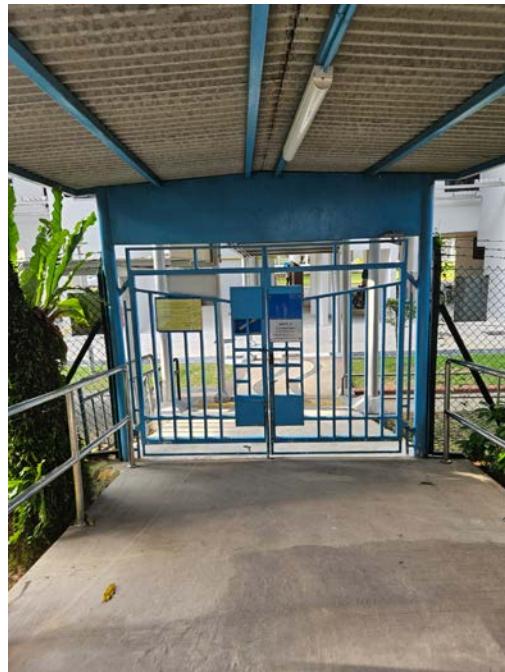
# **Dismissal Arrangements for Group 2 (5G – 5L)**

<b>Date</b>	<b>Dismissal Timing</b>	<b>Dismissal School Gates</b>
6 Mar 2026 Friday	12.30 p.m.	<ul style="list-style-type: none"><li>• Gate 2 (Security Post)</li><li>• Gate 5 (Canteen) [from 11.30 a.m.]</li></ul>

Parents have to park their cars at nearby HDB carparks.



**Security Post - Gate 2**



**Gate 5 - Canteen**

## **Additional Notes**

- Students may stay back to board the school bus.
- Parents may drive into the school from 1.45 p.m. onwards to fetch their child/ward.



# Packing List

## (CSC @ LOYANG)

## Packing List

ITEMS	QUANTITY
PE T-shirts, shorts and long pants (no jeans)	2 - 3
Socks	2
Undergarments	3
Pyjamas	1
Home clothes (for sleeping)	2
Windbreaker or jacket	1
Sleeping bag	1
Slippers (for shower)	1
Insect repellent spray	1
Spectacles (spare) and spectacles band / hook	If applicable

## Packing List

ITEMS	QUANTITY
Day Pack	1
Water bottle (at least 750 ml)	1
Raincoat or poncho	1
Hat or cap	1
Sunblock Lotion	Optional
Writing Material (Pen)	1
Recycled plastic bags / Ziploc bags	2
Torchlight with batteries	1
Personal medication (e.g. Inhaler; must label & declare to FTs)	if applicable

Note: Cutlery such as spoon, folk and cup will be provided.

ITEMS - TOILETRIES	QUANTITY
Toothbrush	1
Toothpaste	1
Shampoo	1
Shower Foam	1
Bath Towel	1
Face Towel	Optional
Comb	1
Tissues	2 - 3 packs



# Packing List

Nature Walk @ Pasir Ris Mangroves

## Packing List (Nature Walk)

ITEMS	QUANTITY
Day Pack	1
Water bottle with drinking water	1
Poncho / Raincoat	1
Writing Material (Pen / Pen)	1
Cap / Hat	1
Insect repellent	Optional
Sunblock Lotion	Optional



# Contacting Students For Emergencies

In case of **EMERGENCY**, call  
the school handphone @  
**98302752.**

## **Remind your child/ward:**

- NOT to bring valuables to the camp.**
- Remove all jewellery.**
- Pack their bags personally.**
- Label ALL items clearly.**
- Take note of Reporting Time, Venue, Attire**

## **To-do-lists:**

- Acknowledge PG**
- Submit Student Information Form by 6 Feb**

<https://forms.moe.edu.sg/forms/vEpPr9>

[ Using child's MIMS account ]



# FAQs

## FAQs

### **Forest Adventure (High Challenge Course)**

1. How safe is Forest Adventure?
  - The Forest Adventure course is built according to European norm EN 15567 for sport and recreational Rope Course facility
  - The course is built with a continuous safety line and belay system to which participants are attached to on the ground and detached from only at the end of the zip line
  - The course is checked twice daily during opening and closing
  - It is mandatory for all participants to go through a 20 minutes safety briefing
  - Forest Adventure is licensed by BCA under the Amusement Ride Safety Act
  - All PPE (harness) are inspected monthly and checked before and after each participant's usage
  - Forest Adventure's instructors go through a 5 days SPECIALISED TRAINING FACILITATION.
  - They are all FIRST AID certified and majority are NCAP certified and MOE REGISTERED.

## FAQs

### **Forest Adventure (High Challenge Course) – cont'd**

2. What if my child/ward is afraid of heights?

It's perfectly natural for a child to be afraid of heights. The Forest Adventure course is designed for your child/ward to build his/her confidence as he/she progresses through the course. As his parent/guardian, you can encourage him/her before he/she goes for the camp by talking through how they can look forward to new experiences as well as learning to overcome their anxieties and fears through safe yet exciting activities. Ultimately, they can choose at the start if they still decide not to carry on with the challenge course activities.

### **Water-based activities/Wet weather**

1. Will any activities possibly involve being in water?

No.

2. Any wet weather plans?

Yes, indoor-based activities will kick in during inclement weather.

## FAQs

### **Removal of jewellery**

1. Why does my child need to remove earrings or any form of jewellery?  
For safety reasons, jewellery can pose a risk of injury during high-element activities. Items like earrings, necklaces, and rings may get caught on equipment or surfaces, increasing the chance of accidents. To ensure a safe experience, all jewellery should be removed before participating in these activities.

### **Dormitories**

1. Will there be any teachers staying in the dormitories with them at night?  
Teachers will stay in separate dormitories located near the students.
2. Is hot water available for showering?  
To maintain an authentic camp experience, shower facilities for students do not include hot water.