



WHAT TO BRING - DAY CAMPS

(Step 1) Everyday Backpack

- Day bag with two shoulder straps (10-15L)

Inside the day bag:

- Closed-toe shoes for dry activities / Wet activities
- Hat for sun protection
- Rain coat
- Sturdy water bottle (minimum 1L)
- Sun screen SPF 35+
- Insect repellent
- Strap for glasses (if you wear prescription glasses or sun glasses)

- 3 FACE MASKS (preferable re-useable and washable)

- Hand Sanitizer
- Photo copy of ID/Passport (for emergencies)
- Personal medication - CLEARLY LABELLED
- Ziplock bags for:

1) DRY clothes

2) WET clothes. (see Step 2)

Please label Ziplock bags clearly with "DRY" and "WET" to make sure your child knows what to use.

2 Shoulder Straps



(Step 2) When Packing for Water Activities

When they are in the water they must wear:

- Closed-toe water shoes with a good tread
- Option - Old runners/trainers
- UV Long Sleeve Water Sport Shirt (rash guard)
- Long Shorts for water sports (board shorts)

No Crocs, Flip Flops or Barefoot on camp! No shoes=no activity!



When they get out for a 5 min shower/ rinse off they must have:

- Lightweight Small towel (microfibre)
NO Big cotton towels as they will not dry outside

NOTE: If your child is doing water activities, wear your wet gear in the morning! If not, pack the wet clothes in the Wet Clothes Ziplock Bag ready





Packing Tips for Parents

- 1) Read the itinerary with your child and plan how to better pack with them
- 2) Label your child's first and last name on all the items to make it easier to identify
- 3) Ziplock Bags labelled Wet Clothes, Dry Clothes, this will help them organise themselves
- 4) Do not over pack as they must be able to carry everything by themselves
- 5) If you pack with your child(ren), they will be more confident in how to unpack and repack for themselves

BE Green:

- 1) We are ONLY allowing Bio-degradable soaps and shampoos on camp

Please only bring these products to help us minimise the impact on the environment

- 2) Must always have water a bottle! We do not sell any plastic bottles

Dietary:

- 1) If your child has specific food requests, pack their own preferred snacks and give to the teacher to store at camp (Please ensure none of the snacks contain peanuts!)
- 2) If you need replacement meals and they are re-heatable, please bring these to camp in a clearly marked container who it is for (E.g. STEPHEN WONG - LUNCH)
- 3) Please ensure all foods/snacks are packed in airtight containers or zip-lock bags to ensure it won't attract unwanted wildlife/bugs if it is kept in the tent or day bag
- 4) Organize snacks to share with your friends if you wish



Do not bring to camp:



- **Mobile phone** - If you need to check on your child, please call either a teacher or the camp coordinator

- **Smart watch** - Your child will not be able to wear a smart watch during our programme

- **Electronic devices or video games** - The idea of joining a camp is to encourage children to have fun engaging with other kids

- **Unnecessary jewellery/valuables** - Participants will not be able to wear jewellery or bring any valuables on activities

- **Pets** - Also fluffy toys as we don't want anyone to lose or damage their precious toys

- **Knives or sharp instruments** - We do not allow participants to bring any dangerous items on camp

- **Products containing peanuts** - Please check that none of the snacks/food your child brings on camp does not contain peanuts