



KOWLOON  
JUNIOR SCHOOL  
九龍小學

Success for Every Child



Date: 18 Nov 2022



### Year 5 Camp Information

Dates: 5, 6 and 7 December

Departure: 8:30 leave from KJS

Return: 4:30 at KJS

Venue: Tai Tam Country Park, Gold Coast, Shek O

### Activities:

- Standup Paddle Board, Raft Building at Gold Coast
- Coasteering and beach activities at Shek O
- Gorge Walk and Navigation in the Tai Tam Country Park

Enrolment: Please complete the form below by 30th November. Please use the name that your child and their teacher uses in school as this will match the names in the teams our teachers put the children in.

<https://www.asiapacificadventure.com/enrol/kjs-y5-1222.html>





Group arrangement:

3 daily groups of 50 - Groups A, B and C Rotating through the 3 activities above

Within the 50 - 4 groups of 12/13

When we have finalised the groups we will inform you next week of which activities children will be doing on which days.

Food:

Your child will need to bring lunch each day. Finger foods such as sandwiches will be easiest for them to manage. Snacks will be provided but if you wish to send a healthy morning snack with your child then please do. They will also need a refillable water bottle.

Masks:

Please ensure that your child brings two spare masks with them each day

Medical:

If your child requires any medicine during their time on any of the activities please complete the attached form and return to the nurse by 30th November.



#### KJS-Y5-1121-NR EQUIPMENT LIST - ITEMS TO BRING

Remember that this is an adventure-based program. Please do not pack your best clothes, as they are likely to get quite dirty. Leave your phones and other similar electronic devices at home – there will not be time to use them! Bring your watch but leave other jewelry at home, as you will only have to take it off for activities anyway. We recommend clearly labelling equipment with your name. And finally, you will not need much spending money, so please don't risk losing it.





## WHAT TO WEAR



ITEM QTY

DESCRIPTION

- Training or running shoes 1 For general land activities
- Baseball cap / Sun hat 1 Essential personal protection

### TO WEAR ON Water Activity Days

- Rash guard & board shorts 1 Shoulders must be covered to protect from the sun
- Swimming suit 1

### TO WEAR ON Land & High elements Activity Day

- T-shirt 1 Quick-dry clothing is best
  
- Shorts or lightweight long pants 1 NO jeans

## DAY BAG ITEMS



ITEM QTY

DESCRIPTION

- Small backpack (15 - 25 litres) 1 School bag size with padded shoulder straps to carry during the day for activities
- Water bottle (min. 1 litre capacity) 1 Should be filled with water!
- Lunch and snacks 1 Bring your own lunch (e.g. Sandwiches, Japanese rice balls, Fig Bars)
- Sunscreen 1 Waterproof and sweat-proof with SPF 30+ (Reef-safe sunscreen is best to avoid harming marine life)
- Insect repellent 1 , Waterproof jacket / poncho 1 , Hand sanitizer & spare face mask 1 Lightweight is best (non-disposable ponchos)\





### TO PACK ON Water Activity Days

ITEM QTY	DESCRIPTION
<input type="checkbox"/> Water shoes / old trainers 1	Must be closed toe and closed heel to protect feet (NO crocs or flip flops)
<input type="checkbox"/> T-shirt 1	Quick-dry clothing is best
<input type="checkbox"/> Shorts or lightweight long pants 1	NO jeans
<input type="checkbox"/> Travel towel 1	Lightweight and small sized
<input type="checkbox"/> Clothes dry bags / plastic bags 1	For separating wet & dirty from clean & dry clothes

### OPTIONAL ITEMS

ITEM QTY	DESCRIPTION
<input type="checkbox"/> Sunglasses 1	
<input type="checkbox"/> Notebook & pen 1	
<input type="checkbox"/> Camera 1	Waterproof and disposable ones are great
<input type="checkbox"/> Kayaking dry bag (10 litres) 1	

### Missing some items from the kit list?

APA Outdoor Shop is a one-stop shop that has all the clothing, gear and equipment necessary for your program. As a participant of APA youth programs, all students (and their parents) have automatic access to our membership discounts as well as up to 50% OFF on exclusive special deals and packages. In addition, free shipping on all online orders!

We value the safety of every student on APA programs and want you to have the best experience with the proper gear and equipment. Local weather conditions can change quickly so do make sure you watch the weather reports and adjust your Equipment List requirements accordingly. Our staff at the shop look forward to meeting you all and are ready to answer any questions.





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- Use code APAEXTRA for 20% OFF exclusive products.
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- Click on the picture of the bundle(s) you like to activate the deal.
- Spend over \$500 and receive a FREE Shoe Bag (limited stock!)

Please visit our store near Wong Chuk Hang MTR Station, APA Outdoor Shop, 16A Gee Chang Hong Centre, 65 Wong Chuk Hang Road, HK Island.

Shop Hours, Mon - Fri 11AM - 7PM and Weekends & Public Holidays 11AM - 6PM. For other gear enquiries, please email, [customer@apaoutdoorshop.com](mailto:customer@apaoutdoorshop.com) or call +852 3153 4091

Attachments: [Medical Letter - Y5 Camp.pdf](#)

