



Outdoor Adventure Summer Camp

Instructions

Please make sure your ward/child understands the expectations from him/her and it's advisable to let them read this document in its entirety.

Documentation

Parents need to print, sign, and send the following documents on the day of the summer camp along with the kid.

1. Camp Registration Form:
2. Camp Disclaimer Form:

Visiting Camp

The Camp will be very busy with activities and parents are discouraged from visiting the camp as it interferes with the schedule. If you need to visit camp in an emergency, please do please make arrangements in advance with our office.

Participant Phone Use

The camp experience is a way for children to develop a greater sense of independence. Therefore, no phone is available for participants to routinely make or receive calls. However, should your child need to call home in emergency, Camp Staff will arrange a call home.

Contacting Your Ward In An Emergency

We discourage parents from talking to their child during the entire duration of the camp as it interferes in the process of the child discovering their self-reliance and independence. However, should you need to contact your child in emergency circumstances, please get in touch with the Outlife Team.

Parent Communication

Staff are trained to handle day-to-day situations that may arise during your child's stay at camp in a safe and caring manner. Instances when you might expect to hear from camp staff for consultations or to arrange to pick up your child may include:

- Behavioural issues including bullying or verbal or physical aggression.
- Severe homesickness
- Illness with a fever.
- If your child receives medical care apart from regular first aid

Things To Bring

• Backpack/Rucksack	• Hygiene products and Toiletries
• Bandanna/scarf	• Mosquito repellent cream
• Sun Hat / Cap	• Shampoo
• Prescription medication if any	• Bathing Soap
• Dress clothes - 3 Full sleeve T-shirts / Full Track Pants / Under Garments	• Washing Sap for clothes
• Night Wear - Pyjamas and T-shirts.	• Toilet / Tissue paper

• UV protection cream / Sun Screen Cream	• Steel Plate, Steel Mug, Spoon and a Lunch Box
• Canvas / Sports/ Trekking shoes	• Toothbrush and toothpaste
• Slippers/ Floaters	• Camera (Optional)
• 5 pair Socks	• Flashlight/Torch
• 2 Bed Sheet and a Pillow	Reusable 1 litre water bottle
• Towel	• Notebook/pen/pencil
• Napkin	• 2 Garbage Bags
• Comb or brush	• Zip-locks to keep small items together
Poncho or Rain Coat	

Outdoor Kit (To be separately packed in a small bag or pouch)

- Whistle
- Small Mirror
- Map reading Compass (You get this at stationary shop or decathlon)
- 2 medium size Transparent Polythene Bag.
- 5 meter cotton rope 1/4 inch thick you get this at hardware stores
- Basic First Aid Kit. (Band-Aid, Cotton Gauze, Antiseptic Cream)



Packing tips – keep in mind

- Please label all belongings with your child's name
- Use a backpack. Participants should be able to carry their own luggage so avoid over packing. Avoid suitcases as they are difficult to carry.
- Since participants spend the majority of their time outside, please send clothing that is not expensive or new.
- Important: Participants have to label their clothing and belongings with their name with a marker pen

What not to bring to camp

- Cell phones, tablets, game players, Toys, DVD players, mp3 players, radios, e-readers, or video recorders or other electronic devices are not allowed in the camp. Any devices found will be confiscated and returned at end of the camp.
- Jewellery, expensive watches, Cash are not to be brought to the camp.
- Make-up or expensive clothing
- No perfumes or aerosol / pressured deodorants
- Fireworks
- Personal sports equipment
- Knives, Weapon, Sharp Objects, Matches, Cigarettes or alcohol are not allowed in the camp.
- Any prohibited items found with anyone will invite disciplinary action and removal from camp.



- No packed food, snacks or candy to be carried. Healthy veg meals and snacks will be provided to the kids at all times.
- Food at Camp is vegetarian only.

Outlife is committed to preserving the spirit of the summer camp. In our opinion, a cell phone, personal media players and other electronic devices inhibits one's link with camp experiences and diminishes the capacity to grow within a team and the natural environment. For these reasons we prohibit participants from bringing cell phones and other electronics to camp. We have also found that kids who bring cell phones have a harder time adjusting to camp life and can have more difficulty with homesickness.

A large part of camp is learning to be independent and you can help your child succeed by making sure the camp rules are followed.

Camp Behaviour

Participants cannot leave the camp site on their own anytime during the entire duration of the camp without informing the instructors. Any travel that is needed due to any reasons will be facilitated by the camp instructors.

No arguing, name-calling, or swearing, biting or hair pulling. Fights and quarrels and bullying are not allowed on the camp. Any fighting may warrant a disciplinary action.

Camp Discipline Policy

If a child is unable to comply with the behaviour expectations, a timeout will be given. The number of minutes of time-out will not exceed the child's age in years. Timeouts are always supervised by an adult.



If the unexpected behaviour is repeated the second time the child will not participate in the entire activity.

If the unexpected behaviour is repeated the third time a counselling will be held by the Camp Educator with the child and the Camp Educator will speak with the parent(s)/guardian.

If the child's behaviour continues to be disruptive and/or unsafe, the child will be subject to dismissal from the remainder of camp without any refund and the parent and guardian will be asked to take away their child from the camp.

Office Contact

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