



# Camp Taiwan 攜帶物品列表

親愛的家長們，請注意以下列出的物品及數量都是一定要攜帶的，營地的天氣變化萬千，所以我們需要不同的衣物來迎接任何可能的天氣型態。

您的小朋友白天皆會從事戶外活動，如果下雨的話(學校營隊來時常常下雨)，小朋友的腳一定會弄濕；我們了解要請家長們多幫小朋友準備一雙鞋相當不方便，但是小朋友們的安全考量絕對是我們的第一要務，所以我們非常堅持小朋友們在做活動時，一定要穿運動鞋。請一定要了解運動鞋絕對有機會弄濕，也請告訴小朋友弄濕鞋子是 OK 的。小朋友們進行室內活動時，有機會讓他們換鞋子，我們也會盡可能地讓學員的雙腳保持乾爽。運動涼鞋或布希鞋(Crocks)可以在沒有進行活動時使用，但是絕對不能穿到攀岩塔或做相關的活動。學員若有進行溯溪活動，我們會提供溯溪鞋。如果您幫學員準備橡膠底鞋，是可以在營地裡走動使用，但是不適合用來從事攀爬的活動。

一定要攜帶雨衣，我們不會強制要您買一件，但是讓小朋友攜帶一件較厚的 PVC 雨衣(機車騎士雨衣，大賣場都有販售)，絕對比便利超商賣的輕便型雨衣要來得舒適，且學員們比較不容易弄破或把自己弄濕。請務必在雨衣上寫下小朋友的姓名，因為它們看起來都很像，如果小朋友遺失了，還可以物歸原主。

如果小朋友會在營地過夜，他們會在傍晚晚餐前沐浴，請務必準備兩套備用衣物，如底下的列表所示，一套備用衣物會在沐浴後作為晚上活動使用，這套衣物最好是有好幾層的(上衣+外套)，因為山上的夜晚偏涼。

準備衣物小秘訣：※將小朋友每一天的衣物都用一個不同的塑膠袋裝好，有助於他們整理衣物並保持衣物的清潔與乾燥。※牛仔褲在弄濕時會變得相當沉重，建議攜帶較輕有彈性的運動褲或較好活動的長褲。※請準備幾個乾淨的大塑膠袋，以便小朋友將濕的衣物帶回家！最後，攜帶書、雜誌或撲克牌也有助於小朋友們打發晨起或休息時間！

我們相信沒有所謂不好的天氣，只有不合適的衣著，所以請您在打包時一定要考慮到種種因素。想知道準確的天氣概況，請參考中央氣象局的網站：[www.cwb.gov.tw/](http://www.cwb.gov.tw/)。點選基隆北海岸地區即可觀看營地的天氣狀況。

請注意！在物品前有「#」號的代表每一天都需要一件。

如果您的小朋友來營地期間需要服(擦)藥，請將藥品打包在一袋裡，在袋子上寫下小朋友的姓名、藥品的名稱、用途以及使用方式。

衣物		
	數量/天	
# T-恤	1/天	
# 或長袖上衣	1/天	
# 短褲或...	1/天	
# 長褲( 牛仔褲不行喔！)	1/天	
# 內衣褲	1/天	
# 襪子	1/天	
	數量/天	
備用衣物	2	
睡衣	1	
泳衣	1	
遮陽帽 / 保暖帽	1	
絨毛上衣或/運動上衣	1 (春天或秋天)	
絨毛材質比棉質來得保暖		
2 雙可在營地裡走路用的鞋子		
1 雙可弄濕的運動鞋(舊運動鞋即可)		
1 件雨衣 (一定要防水，輕便型雨衣不可以喔！)		
寢具		
枕頭	1	

盥洗物品		
1 條擦臉毛巾		
1 支牙刷		
1 條牙膏		
1 把梳子		
1 個盥洗袋		
1 罐防曬乳		
防蚊用品		
1 個有背帶或扣環的水壺		
其他物品		
1 支手電筒或頭燈(雷射燈不可以喔！)		
1 枝筆或鉛筆		
1 付太陽眼鏡(選擇性攜帶)		
相機(選擇性攜帶)		
大塑膠袋數個(裝濕或髒的衣物)		
書籍(休息時間用)		
撲克牌(選擇性攜帶)		
旅行用的小遊戲(選擇性攜帶)		



# Camp Taiwan Packing/ Clothing List

Parents, please note that the items and quantities listed below are MANDATORY. The weather at Camp can be unpredictable which means we need clothing for every possible condition. During the day your child will be engaged in activities OUTDOORS. If it is raining, which it does on many visits to Camp school, your child's feet will get wet. We understand the dilemma this poses for parents, for having to send more than one pair of shoes, however safety is our first priority, for this reason we insist that students wear running shoes whilst participating in our activities. PLEASE understand that these will likely get wet – let your child know that it is ok to get one pair of running shoes wet. We do give campers the opportunity to change out of “activity shoes” when they are participating in indoor activities and we will do our best to help campers keep these shoes dry. Sport sandals or crocks may be used as non-activity shoes but MAY NOT be used on the climbing equipment. If your child is participating in river activities they will be lent a pair of river tracing boots. If you send rubber boots this works well for walking around camp but again, are not great for use on the climbing equipment.

A raincoat is MANDATORY and while we cannot force you to buy one, please understand that investing \$200 on a PVC based or heavy weight plastic raincoat. If you send a disposable rain poncho your child will get wet and be uncomfortable. PLEASE write your child's name in the raincoat as they all look the same! If your child is staying overnight they will be taking a shower in the late afternoon before the evening meal. Please do send the 2 extra sets of clothes as indicates – as one set will be used as the “after shower/ evening outfit” and this set should be a layered outfit as the evenings do tend to be cooler.

A few tips: \*packing each day's clothes in a zip lock bag is a great way to keep your child organized and clothes clean/ dry. \* Jeans get very heavy when they get wet, so we recommend lightweight slacks or pants instead. \* Please do pack plastic bags for taking wet clothes home!!! Finally, A book, magazine and or cards are great for early mornings!

We believe there is no bad weather, just bad clothing, so consider this when you are packing. For pretty accurate weather updates check the following website: [www.cwb.gov.tw/](http://www.cwb.gov.tw/) (English available) click on Keelung for camp weather forecasts.

**Please see that some items are marked the # per stay or per day.**

If your child is taking medicine, – please bring it in a bag. Write your child's name, the name of the medicine, what it is for and the dosage clearly on the outside of the bag.

Clothing		
	Item/day	
T-shirts	1	
Or ...Long sleeve shirt	1	
Shorts or...	1	
Long pants (- not jeans!))	1	
Underwear	1	
Socks	2	
	Item / stay	
2 extra full set change of clothes		
1 Pajamas		
1 Bathing Suit		
1 Sunhat/ warm hat		
1 Fleece or sweatshirt fleece is better than cotton!		
2 pair shoes for walking around camp.		
1 pair of running shoes that can get wet (old running shoes are fine)		
1 Raincoat (must be waterproof NOT DISPOSABLE)		
Bedding		
<b>Pillow</b>	<b>1</b>	

Toiletry		
1 Face cloth		
1 Toothbrush		
1 Toothpaste		
1 Brush or comb		
1 Toiletry bag		
1 Sunscreen		
Mosquito repellent		
1 Water-bottle with strap/clip		
Miscellaneous		
1 Flash light or headlight – NO LASERS		
1 Pen/Pencil		
1 UV Sunglasses optional		
Camera & Film optional		
Plastic bags for packing wet/ dirty clothes		
Book for reading in early morning		
Playing Cards optional		
Travel size games optional		