

PARENTS & PARTICIPANTS MUST READ FULL DOCUMENT CAREFULLY

Dear Parent,

Greetings from Rocksport! Thanks for enrolling your child for Rocksport Residential Camp at Mountain Quail, Mussoorie from 21st May to 25th May 2019.

CAMPUS INFORMATION

The camp site is 275 kms from Delhi & 12 kms from Mussoorie. There are 21 cottages and 5 luxury tents with attach toilets and baths. Enjoy delicacies of the hills in the beautiful dining area.

TRAVEL DETAILS

We will travel by 2X2 AC buses till Dehradun. From Dehradun to the camp the transfers will be done through mini buses (Non AC). The return journey will be in the similar manner.

Departure/ Arrival Point & Address	Reporting Time & Date	Departure Time & Date
New Era Public School, Mayapuri	09:00 PM 21 st May' 19 (Post Dinner)	09:30 PM 21 st May' 19
	Date & Expected Arrival Time (On Return)	
	07:00 AM 25 th May' 19	

KIT LIST (PERSONAL ITEMS TO BE CARRIED)

Weather will be pleasant during the day and tends to get cold at nights and early mornings. It's important that we are mentally prepared for the weather conditions and pack accordingly.

- Pack everything in one bag that's easy to carry, preferably a backpack/rucksack.
- Participants have to carry their own bags.

Items to Pack: (use this as a guide to help you pack)

- Pack clothes appropriate for outdoor-based and physical activities.
- Do not carry clothes that are very tight or delicate.
- There is no laundry facility.

TO PACK	QUANTITY
CLOTHES	
1. T-Shirt (Long / Short sleeved)	4/5 Nos
2. Long Pants (no tight jeans)	2/3 Nos
3. Warm Jacket-Thick	1 No.
4. Warm Jacket- Thin	1 No.
5. Rain coat or water proof jacket	1 No.
6. Thermal Inner Wear	1 No.
7. Hand Towel	1 No.
8. Bath Towel	1 No.
9. Undergarments	Sufficient
10. Woolen/Sun Cap	1 No.
11. Shorts(Usable in water)/Swimming Trunks	1 No.

TO PACK	QUANTITY
FOOTWEAR	
1. Sports Shoes (Sturdy - that fits well)*	1 pair
2. Sandals (Mandatory)	1 pair
3. Regular Socks	3 pairs
4. Warm Socks	1 pair
PERSONAL BELONGINGS	
1. Torch and Spare batteries [IMPORTANT]	1 No.
2. Water Bottles (1ltr) [IMPORTANT]	1 No.
3. Mosquito repellent tube	
4. Sun protection - hat/cap, sun-block, lip balm	1 No. 1 No. each
5. Soap, toothbrush, toothpaste	1 No. each
6. Personal Medication (if applicable)	As required
7. Prescription Glasses (if applicable)	1 No.
8. Coleman Sleeping Bag (Optional)	1 No.

* Sports (tough rubber soled) shoes in good condition & good fitting, they should be neither too tight nor too loose.

PARENTS & PARTICIPANTS MUST READ FULL DOCUMENT CAREFULLY

FIRST AID FACILITY AT THE CAMPUS

- Ensure you have filled the complete medical details in the registration form.
- In case the participant is using any specific medicine, it needs to be carried and the information should be provided to the teacher at the time of departure.
- A nurse will be on campus and medicines for most common ailments such as flu, stomach-related, asthma, allergies, cuts & wounds, dehydration, etc will be available.

DO's & DON'Ts

1. DO's

- A) Participants will be briefed regarding the rules and regulations, especially those related to safety and discipline, before the program starts & during the program. They are expected to abide by the rules or risk being sent back at own cost.
- B) The campuses are substance free. Participants found using tobacco or alcohol will be sent back without any refund and the costs will be borne by the parent.

2. DON'Ts

- A) **CASH** - No Cash is required for the program. However, the students may carry maximum of INR 1000 for the souvenir shop.
- B) **MOBILE PHONES** - mobile phones are not allowed on the program. The attempt to use phones disrupts the program & engagement of the child. If carried, cell phones will be deposited with the Campus Chief & will have to be collected from our office. Any violation of this rule will be dealt very strictly.
- C) **IPODS / VALUABLES** - Valuables like expensive cameras or IPODS/ITOUCH should NOT be brought to the campus. We accept no responsibility for loss or theft of any such articles.
- D) **FOOD ITEMS & TUCK** - We provide wholesome and nutritious food and food items/tuck (cola cans, chips, biscuits, snacks etc.) are NOT allowed on campus. It makes the wilderness campuses unsafe.

6 THINGS TO CHECK BEFORE YOU LEAVE HOME!

- ✓ Re - check the Time of Departure.
- ✓ Are there any medicines to be taken? If yes, carry it and inform the ROCKSPORT Travel Leader in charge.
- ✓ Is the water bottle filled?
- ✓ If you need something warm or medication for the journey, pack it right on top. It is advised to carry a warmer in your handbag for the Journey.
- ✓ Do not carry any valuables or mobile phones
- ✓ Do you know the arrival details?

You may talk to your kids on the following camp numbers. The time to talk is strictly between 6PM to 7PM.

⇒ 9667133254

⇒ 9717059464

ALL ABOARD!!

