



**Outdoor Activities Club**  
National University of Singapore

<http://www.nusodac.net>

## Activity Information Sheet

### Family Day (Pulau Ubin)

Join the ODAC members in a fun filled day at Pulau Ubin. You will get to enjoy a day away from the urban life and embrace yourself in the nature. You will get to try out the bicycle track, enjoy the scenery at Chek Jawa and many more.



### Organizers:

Name	Designation	Role	HP No.	Email Address
Cheng Lye Meng	Treasurer	Expedition Leader	9231 9569	lyemeng@nusodac.net
Chen Huifang	Vice President	Asst. Expedition Leader	8121 8086	huifang@nusodac.net

*In the event the expedition leader is un-contactable, please feel free to approach any of the organizers.*

### **Cost: \$10 (inclusive of)**

Membership

**Duration of Expedition:** ½ Day

**Dates of expedition:** 6<sup>th</sup> March 2010

### **Meeting Time & Venue**

6<sup>th</sup> March 2010, 8am Changi Jetty

### **Other Important Dates**

**Pre-Trip Briefing:** -

*Please bring along indemnities form and remaining trip fees*

**Highlights of Expedition:**

- Chek Jawa
- Quarry
- Off-road cycling

**Terrain and Physical Requirements:**

- Involves off-road cycling, some cycling skills required

**No-go Criteria:**

1. Social/Political unrest
2. Forest fire (within 100km of trek region)
3. Floods
4. If Travel Advisory is imposed
5. Participants fails to submit all relevant documents (Activity Registration Form, Medical Declaration and Indemnity Form), which have to be duly completed and signed before leaving on departure day
6. Participant is certified medically unfit prior to the expedition
7. Presence of H1N1 outbreak

**Refund policy:**

NA

**Please kindly inform the organizers if you are unable to make it, so that others who are interested can join in this activity. This will be very much appreciated.**

**Medical Indemnity:**

- All participants are to declare any existing medical conditions to the organizer.
- All participants are strongly encouraged to be immunized against tetanus.
- **NUS ODAC and its leaders shall not be held responsible for any consequences arising from existing medical condition(s) caused by the participant's failure to be immunized as recommended by the club.**

**Draft Itinerary**

<b>6th March 2010</b>	<b>Activity</b>
0830	Meet at Changi Jetty and Briefing
0900	Start Cycling
1300	End of event

**Note:** The itinerary is subject to change based on actual expedition conditions and the discretion of the Expedition Leader. A more detailed elaboration on the itinerary, terrain and such will be made during the briefing.

**Personal Equipment List**

<b>Equipment</b>	<b>Qty</b>	<b>Remarks</b>	<b>√ list</b>
Daypack	01	>15L or Sufficient for own use	
Rain Gear / Poncho	01	Compulsory	
Clothing	01	Minimum of 1 Sets Recommended	
Sport Shoes or covered footwear/ Sandals	01		
Personal Toiletries	01		
Water Bottle / Water Bag	01	Minimum of 2L	
Whistle	01	Compulsory	
Hat / Cap	01	Optional	
Insect Repellant	01	Optional	
Camera	01	Optional	
Spare Cash		Around \$10	
*Personal Medication		Inform First Aider if under medication	

**Note:**

- 1) Waterproof all items in backpack using Ziploc bags/trash bags.
- 2) Strictly **no slippers** allowed when cycling.
- 3) Use of contact lens in the outdoors is strongly discouraged.
- 4) Participants are to bring their own medication and inhalants.

**Final Note: Do constantly check your emails for any updates**

*Proudly presented to you by NUS ODAC 25<sup>th</sup> Executive Committee*