



# DELHI PUBLIC SCHOOL, GWALIOR

(UNDER THE AEGIS OF DPS SOCIETY, NEW DELHI)

## OVERNIGHT ADVENTURE CAMP

### CLASSES III-IX

15<sup>th</sup> DECEMBER & 16<sup>th</sup> DECEMBER, 2018

## ACTIVITIES

- ❖ **Hot Air Balloon**
- ❖ **High-rope activities**
  1. Tyrolean traverse
  2. Rappelling
  3. Flying Fox
  4. Slack Line
  5. Jumaring
  6. High Rope Bridge
  7. Free Fall
  8. Challenge Course
- ❖ **Feel d' Gravity**
  9. Zorbing (Rolling) ball
  10. Body Zorb
- ❖ **Power Zone**
  11. Trust Fall
  12. Tug of War
- ❖ **Commando Challenge Course**
  13. Tarzan Swing
  14. Rope Climbing
  15. Monkey Crawl
  16. Double Rope Bridge
  17. Commando Crawl
  18. Burma Bridge
  19. Commando Net
  20. Twine
  21. Hopscotch
  22. Tyre Cross
- ❖ **Brain Drain**
  23. Team Building Simulations
- ❖ **Tent Pitching**
- ❖ **Energizers**
- ❖ **Archery**

❖ *Tentative Itinerary* – proposed itinerary/timings is subject to change without any prior notification due to unforeseen reason like weather condition

Day/Timings	Description of the activities
<b>Day 01 ~</b>	
0700-0800 hours	Arrival at the school, Welcome address and Briefing and Tent allocation
0800-0900 hours	Breakfast
0900-0930 hours	<b>Team formation</b> ~ we will be dividing the students into 4-5 teams depending on the no. of participants, there will be equal number of participants in each team from every class to sharing the knowledge and experience.
0930-1000 hours	<b>Blue peter</b> ~ participants will be given complete leverage to come up with their own ‘flags’ and ‘team identities’ to enhance their creativity, for the purpose resources will be provided by us.
1000-1045 hours	Introduction of team NHA, Equipment and common demonstrations of the activities.
1045-1100 hours	Refreshment
1100-1300 hours	<b>Begin of the activities</b> – Commando Obstacles, Rappelling, Tyrolean Traverse, Zorbing etc. (The teams will be attending the activities in a cyclic fashion for e.g. Team 1 goes to Zorbing ball; Team 2 goes to Flying Fox, Team 3 goes to Rappelling so on and so forth)
1100-1300 hours	Bathing Time – The students shall be given time for taking a bath but teamwise so that we can also continue to organise the activities
1300-1400 hours	Lunch break
1400-1445 hours	Rest time
1445-1715 hours	Activities time
1715-1745 hours	Evening snacks
1745-1815 hours	Free time for changing
1815-1915 hours	Preparation of cultural performances
1930-2100 hours	Cultural performances around the bonfire
2100-2200 hours	Dinner
2230 hours	Lights off
<b>Day 02 ~</b>	
0600 hours	Wakeup call

0600-0700 hours	Fresh and up
0700-0800 hours	Energizers and morning exercises
0800-0900 hours	Breakfast
0915-1315 hours	Day 2 activities – Jumaring, Flying Fox, Slack-line, Free Fall, Tent Pitching etc.
1315-1515 hours	Lunch
1530-1630 hours	Recomencement of the activities
1645 ~1730 hours	Closing ceremony and award function
1730 hours	Departure and conclude of the program



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**Things to carry**

**Personal Clothing**

- ✓ 2-3 shirts (FULL SLEEVES)
- ✓ 1-2 Pairs of Track Lowers / Trousers / Jeans
- ✓ 1 Pair of Shorts
- ✓ Walking Shoes (with good grip)
- ✓ 2 Pairs Socks
- ✓ Slippers / Floaters
- ✓ Warm Jacket/pullover
- ✓ Cap/hat and hankies
- ✓ Under clothing
- ✓ Night dress
- ✓ Sunglasses (optional)

**Personal Toiletries**

- ✓ Tooth Paste & Toothbrush
- ✓ Comb / Hair Brush
- ✓ Soap
- ✓ Moisturizer
- ✓ Sunscreen lotion
- ✓ Mosquito Repellent
- ✓ Towels

**Miscellaneous**

- ✓ Writing material- Note book, Pencil
- ✓ TORCH- with extra batteries (most important)
- ✓ Water bottle.
- ✓ Personal Medication (if any)

**N.B. – Students are not allowed to carry Mobile Phones.**  
**(Kindly note that all personal items are to be carried at own risk.)**