

**S Sqn Summer Camp Programme on (24-26th August 2018)**

Date	Ser	Timing	Items	O i/c	Location
24-8-2018	1	08:00	Depart Tin Hau MTR Exit "A2"	Lt. SUEN	Tin Hau MTR
	2	08:30	Depart Kowloon Tong MTR Exit "D2"	Capt. NG	Kln Tong MTR
	3	09:30	Arrive Water Sport Centre	All	Tai Po
	4	10:00	Canoeing - Handling for Capsize, Rescue	Lt. SUEN	Tai Po
	5	12:00	Lunch (Duty Troop : All)	SQMO	Tai Po
	6	13:00	Marine Navigation	Lt. SUEN	Tai Po
	7	16:00	Cleaning and Pack up	SSM	Tai Po
	8	17:00	Return to HITC	SSM	Tai Po
	9	18:00	Arrive HITC - Self Cleaning	SSM	HITC
	10	19:00	BBQ Dinner ( Duty Troop: 1 Troop) Sqn Tee and Dark Colour Shorts	SQMO	Canteen
	11	21:00	Cleaning of BBQ Facilities	SSM	HITC
	12	22:00	Light Out, Fire Drill & Sentry	SSM	HITC
25-8-2018	13	06:25	Reveille	All	Barrack
	14	06:30	PT: <i>Shuttle Run - Half Parade Ground 6 times</i>	PT Instructor	Parade Ground
	15	07:30	Cleaning	Cadet's NCO	Barrack
	16	08:00	Breakfast (Duty Troop: 2&3 Troop)	SQMO	Canteen
	17	09:00	Move Out to Water Sport Centre	SSM	Parade Ground
	18	10:00	Arrive Water Sport Centre	SSM	Tai Po
	19	10:15	Water Sport - Command Task	Capt. OWEN	Tai Po
	20	12:30	Lunch (Duty Troop: All)	SQMO	Tai Po
	21	14:00	Water Sport - Command Task	Capt. OWEN	Tai Po
	22	16:00	Pack up and Cleaning	SSM	Tai Po
	23	17:00	Return to HITC	SSM	Tai Po
	24	18:00	Arrive HITC - Self Cleaning	SSM	HITC
	25	19:00	Dinner (Duty Troop : 1 Troop) Sqn Tee and Dark Colour Shorts	SQMO	Parade Ground
	26	20:00	Stargazing	Capt. NG	Parade Ground
	27	21:30	Light Out & Sentry	SSM	HITC
26/8/2018	28	05:55	Reveille	All	Barrack
	29	06:00	PT - <i>15 times Push up and Sit up</i>	PT Instructor	Parade Ground
	30	07:30	Room Inspection	OC	Barrack
	31	07:45	Flag Raising	SSM	Barrack
	32	08:15	Breakfast (Duty Troop: 2&3 Troop)	SQMO	Parade Ground
	33	09:00	Roll Call and Muster Parade	OC	Parade Ground
	34	09:30	Basic Drill Practice	D.I.	Parade Ground
	35	10:30	Signals: <i>Spelling, Use of Proword</i>	Capt. OWEN	HITC
	36	12:00	Lunch (Duty Troop: 1 Troop)	SQMO	Canteen
	37	13:30	First Aid: <i>Bandaging</i>	2Lt. SIN	Classroom
	38	15:00	Troop Admin	Tp Leader	By Tp Leader
	39	15:30	Pack up and Cleaning	SSM	HITC
	40	16:00	Dismiss and EmBus	SSM	HITC
	41	16:30	Return to MTR	SSM	Parade Ground

**Dress Code:** Cadet: On 24th & 25th Aug. - Water Sport Kit - Dark colour T-Shirt/S Sqn Shorts and Water Sports Footwear (or spare sneakers), Sun Protection Glasses/Goggles and UV Protection Cream/Lotion  
Full Uniform - DPM Shirt, OG Trousers, Nylon Belt, Boots, Beret. Jungle Hat in Field, For PT - Sqn T-shirt/shorts, Sport Shoes.

Instructor: Full Uniform - DPM  
Water Sport Kits, PT - Sqn T-shirt/shorts, Jungle Hat in Field

**Remarks:** Cadet: (1) Should pay HK\$290.- for Transportation and Meals' Fee (Including BBQ)  
(2) Should bring mess tin, fork, knife, spoon, small water bottle with pouch, spare T-shirt/shorts(dark colour) and socks  
(3) Should bring Rain Clothes.  
(4) Pen and pocket size note book