



2019 戶外探索夏令營裝備檢查表 (日本富士)

親愛的家長您好：

很高興有機會與您的孩子在大自然裡，共度一段戶外的探索旅程，日本富士平地地區氣候溫熱，高海拔地區像台灣秋天的涼爽。以下是本次夏令營的一些裝備與必須穿著的服裝，以及相關注意事項，提醒您與孩子一起準備！

Dear Parents,

We are very happy to have the opportunity to spend an outdoor adventure with your child in nature. The Fuji area has a warm climate and the high-altitude area is like the cool autumn of Taiwan. The following are some equipments and clothing that must be worn in this summer camp, and related precautions to remind you to prepare with your child!

衣物類 clothes		
項目	數量	家長確認
排汗T恤(或一般T恤) sweat-siphoning / sport T-shirt	3	
排汗薄長褲(勿穿牛仔褲) sweat-siphoning sport-trousers (don' t wear jeans)	1	
運動短褲 sweat-siphoning sport-shorts	2	
擋風外套 Trench coat	1	
保暖衣物 warm clothes	1	
內衣褲 Underwear	3	
防磨衣(長袖)Rashguard (long-sleeve, Half-length)	1	
襪子 sock	3	
圓盤帽(含帽繩)sun hats (with rope for fixed)	1	
頭巾 sports head scarf	1	
戶外運動鞋/護趾涼鞋 Outdoor sports shoes /Sports Sandals	1	
拖鞋 flip flop	1	

裝備類 Equipment		
項目	數量	家長確認
大背包(50-55 升，可裝下所有行李) Big backpack (50~55liter , can put all things)	1	
小背包或束口袋 small backpack or drawstring bag	1	
夏季睡袋(約 15 度)summer sleeping bag (15 degreesCelsius)	1	
睡墊 bed roll		
頭燈(可套在頭上，請勿帶手持式手電筒) head lamp (can wear on the head, no flashlight)	1	
頭燈備用電池 preservation batteries for head lamp	2(組)	
水壺(1000c. c.) water bottle (1000c. c.)	1	
雨衣、雨褲(請勿穿輕便雨衣) raincoat and rain-proof pants (please don' t bring facile raincoat)	1	

個人衛生用品 Personal Sanitation		
項目	數量	家長確認
牙刷 toothbrush	1	
牙膏 toothpaste	1	
毛巾 towel	1	
肥皂(洗頭洗臉洗澡) soap (for face and body)	1	
衛生紙(於家中取用一整疊，用夾鏈袋裝好即可，請勿攜帶面紙) toilet paper (take some toilet paper put in zipper bag, don't bring facial tissue)		
衛生棉/條(女生) pads/tampons (female)		

不建議攜帶的物品 Not recommended for carrying	
項目	家長確認
行動電話 phone	
電動玩具 battery-operated toy	
隨身聽 / MP3	
撲克牌 Poker cards	
漫畫、小說、雜誌 Comics, novel , magazine	
香菸、打火機 cigarette, lighter	
含酒精飲料 Alcoholic drinks	
以上物品一旦發現，將會被暫時集中保管，直到營隊活動結束。	
Once discovered these items, it will be temporarily stored until the end of the camp.	

其他 Others		
項目	數量	家長確認
鋼杯或鋼碗(吃飯工具) steel cup/steel bowl(for eating)	1	
餐具(筷子、叉子或湯匙) tableware(chopsticks , fork , Spoon)	1	
防曬乳液 sun cream	1	
太陽眼鏡 sun blinkers	1	
防蚊液 mosquito repellent	1	
筆記本 note	1	
筆 pen	1	
個人用藥 Personal medication		
護照&護照影本 passport and passport-copies		

光合作用戶外探索學校
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