

13 Day Outpost Sample Schedule - Week 1

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---------|-----------|----------|--|---|
| Morning Activity Block | Morning Stretches Cabin Cleanup | Early Breakfast | Outtrip | Outtrip | Outtrip | Outtrip | Polar Bear Cabin Cleanup |
| | 8:30 Breakfast | | | | | | |
| | <u>Preparation Day:</u> Group learns the finer point of canoeing, kayaking or hiking as well as how to pack for outtrip. | <u>Depart for Outtrip:</u> Group is dropped off at their outtrip destination in the bus. Outpost outtrips are 4 days long. Each night they camp on a different beach and hike/paddle to a different site each day. | Outtrip | Outtrip | Outtrip | Outtrip | <u>Cabin Swim:</u> Spend the morning in the swim area of the lake, jumping off the dive tower, catching newts, hanging in the sauna and just generally relaxing after outtrip. |
| Afternoon Activity Block | 12:30 Lunch | | | | | | |
| | Bodies on Bunks | | | | | | Bodies on Bunks |
| | <u>Preparation Day:</u> Continuation of the morning. In the late afternoon the group packs all of their food. | Outtrip | Outtrip | Outtrip | Outtrip | Outtrip- group is picked up in the bus and brought back to camp. | <u>Teambuilding and Low Ropes Activities:</u> These group challenges build trust in the group and teach the cabin members how to work as a team. |
| Camper arrival in, get to know you games, camper wellness check-ins, community meeting. | Discovery Hour | Outtrip | Outtrip | Outtrip | Outtrip | Discovery Hour | Discovery Hour |
| 5:30 Dinner | | | | | | | |
| Cabin contract and get to know you games. Campfire | <u>Final Trip Preparation:</u> All personal packing is finished, gear is packed up and bus is loaded. | Outtrip | Outtrip | Outtrip | Outtrip | Clean up gear, pack-in and shower. | <u>Campfire:</u> sing songs and cook a snack over the fire. |

