

Session Itinerary - Example



DAY	CAMP ACTIVITY: AM	CAMP ACTIVITY: PM
Day 1	Depart for camp Arrive/Welcome	Lunch Cabin Assignment/Settle Intro. Talk Dinner Interest Group Sign-up Opening Camp Fire Bed
Day 2 - Interest Group 1.1	Wake Stretches Breakfast Interest Group ¹ I: Arts & Crafts Interest Group II: Kayaking	Lunch Rest Beach Party CAP I (Cabin Activity Period): Waterfall Walk CAP II: Waterfall Walk Dinner CAP III: Frisbee Golf Bed
Day 3 - Interest Group 1.2	Wake Challenge the Beach Breakfast Interest Group I: Arts & Crafts Interest Group II: Kayaking	Lunch Rest Beach Party CAP I: Volley Ball CAP II: Yoga Dinner CAP III: Slack Line Bed
Day 4 - Interest Group 1.3	Wake Stretches Breakfast Interest Group I: Kayak Expedition Interest Group II: Kayak Expedition	Lunch CAP I: Kayak Expedition CAP II: Kayak Expedition Dinner CAP III: Camp Fire Camp Out
Day 5 - Interest Group 1.4	Wake Stretches Breakfast Interest Group I: Kayak Expedition Interest Group II: Kayak Expedition	Lunch CAP I: Kayak Expedition CAP II: Prepare for Cabaret Dinner Cabaret Bed



Session Itinerary - Example continued

Day 6 - Interest Group 2.1	Wake Stretches Breakfast Interest Group I: Jungle Skills Interest Group II: LP Times	Lunch Rest Beach Party CAP I: Low Ropes CAP II: Ultimate Frisbee Dinner CAP III: Cabin Challenge Bed
Day 7 - Interest Group 2.2	Wake Challenge the Beach Breakfast Interest Group I: Jungle Skills Interest Group II: LP Times	Lunch Rest Beach Party CAP I: Waterfall Walk CAP II: Waterfall Walk Dinner CAP III: Fugitive Bed
Day 8 - Interest Group 2.3	Wake Stretches Breakfast Interest Group I: Jungle Expedition Interest Group II: Jungle Expedition	Lunch CAP I: Jungle Expedition CAP II: Jungle Expedition Dinner CAP III: Camp Fire Camp Out
Day 9 - Interest Group 2.4	Wake Stretches Breakfast Interest Group I: Jungle Expedition Interest Group II: Jungle Expedition	Lunch CAP I: Jungle Expedition Cap II: Prepare for Cabaret Dinner Cabaret Bed
Day 10 All Camp Activity	Wake Stretches Breakfast All Camp	Lunch Rest All Camp Dinner Closing Camp Fire Bed
Day 11	Wake Breakfast Pack Lunch	Departures

¹ Interest Groups will include: Sailing, Kayaking, Marine Life, Arts and Crafts, Drama/Music and Nature/Camp Craft

