

MOUNTAINEERING OUTDOOR ADVENTURE (12-14) YMCA CAMP SANTA MARIA



SAMPLE DAILY SCHEDULE

7:30am: Wake up at Tent Town

8:30am: Breakfast at Basecamp

9:15am: Shared Responsibilities

10:00am: Gear Chat, Pack for the Backcountry

10:45am: Morning Snack Picnic Style

11:00am: Depart for Rappelling/Overnighter

11:15am: Rappelling and Belay Skills on the Waterfall Trail

12:00pm: Lunch on the Trail

12:30pm: Water Filtration How-To Activity

1:30pm: Depart for Aspen Grove

2:00pm: Snack on the Trail and Leave No Trace Applications Chat

2:30pm: Arrive at Aspen Grove, Set Up Camp

3:00pm: Knot Skills Activity & Shelter Building Applications

5:30pm: Safe Backcountry Cooking & Dinner

6:30pm: How to use a Bear Bag Activity

7:00pm: S'mores

7:30pm: Review Safety at Night in the Backcountry & Good Practices

8:00pm: Debriefing the Day and Plans for Tomorrow

8:30pm: Optional Sunset Viewing

9:00pm: Get Ready for Bed & Embers

9:30pm: Lights Out