

# WHITEWATER EXPEDITION (14-17) YMCA CAMP SANTA MARIA



## SAMPLE DAILY SCHEDULE

**7:30am:** Wake up at Dispersed Camp Site by the River

**8:00am:** Breakfast

**8:30am:** Tear Down Camp Site, Pack for the Day

**9:30am:** Leave No Trace on the River Activity

**10:15am:** Survival Skills Activity

**11:15am:** Morning Snack

**11:30am:** Depart for Rafting Site

**12:00pm:** Arrive at Rafting Site, Lunch

**1:00pm:** Depart on Guided Half-Day Class III Raft Trip

**5:00pm:** Afternoon Snack on the Trail

**5:30pm:** Depart for Camp Site

**6:00pm:** Dinner and Backcountry Cooking Skills

**7:00pm:** Set up Camp, Advanced Knot Skills Activity

**7:45pm:** Weather Permitting, Campfire and S'mores

**9:00pm:** Get Ready for Bed & Embers

**10:00pm:** Lights Out