Day 1 – Tuesday, July 14, 2021

Location: Stone Canyon
Focus: Backpacking gear overview, camp craft

9:30 am  Campers arrive at Stone Canyon
  •  Check all paperwork
  •  ACA/COVID health exam
10:00-10:15  Welcome and expectations
10:15-11:00  Icebreakers and get to know you activities
11:00-12:00  Full Value Contract (group expectations and culture)
12:00-1:00  Lunch
1:00-2:00  Backpacking gear/clothing basics
2:00-3:30  Set up camp: what to look for in a campsite, what to do upon arrival, how to set up a tent, what to do with food
3:30-5:00  All things camp cooking: backpacking meal nutrition, stove use, food prep
5:00-6:30  Prepare, eat dinner, and clean up dinner
6:30-7:30  Leave No Trace lesson
7:30-8:30  Day debrief: Individual goals for the trip, apprehensions, needs from the group
8:30-9:30  Wrap up & get ready for bed
9:30-10:00  Tent time & Lights out

Day 2 – Wednesday, July 15, 2021

Location: Stone Canyon, Spruce Mountain Open Space
Focus: How to pack a backpack, first aid basics, hiking with weight

7:00-8:00  Wake-up and breakfast
8:00-9:00  How to pack a backpack
9:30-2:00  Hike at Spruce Mountain, with lunch on trail
  •  Lessons will include: hiking etiquette, basic first aid, blister care, etc.
2:00-3:30  Creek time: water purification methods, creek crossings, and some relaxation!
3:30-5:00  Basics of trip planning and route selection
5:00-6:30  Prepare, eat dinner, and clean up dinner
6:30-7:00  Day debrief
7:00-8:30  Campfire
8:30-9:00  Wrap up & get ready for bed
9:00-10:00  Tent time & Lights out
Day 3 – Thursday, July 16, 2021

Location: Stone Canyon, Sandstone Ranch Open Space  
Focus: Packing up camp, caring for gear, orienteering

<table>
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<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>7:00-8:00</td>
<td>Wake-up and breakfast</td>
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<tr>
<td>8:00-9:00</td>
<td>Pack up camp, de-prep gear</td>
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| 9:00-2:00| Hike at Sandstone Ranch Open Space, with lunch on trail  
  ● Lessons will include: encounters with animals, map reading and orienteering |
| 2:00-3:00| Debrief trip                                   |
| 3:00 pm | Pick up                                        |