

SAMPLE 5-DAY EXPEDITION SCHEDULE

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
	Wake-up	Wake-up	Wake-up	Wake-up	Staff time to clean gear, debrief, prep for next expedition
	Morning Reflection	Morning Reflection	Morning Reflection	Morning Reflection	
Staff arrive, meeting, set up camp	Breakfast	Pack/clean site	Pack/clean site	Pack/clean site	
	Prep gear	Breakfast	Breakfast	Breakfast	
Campers arrive, games, ice-breakers, divide into lodges	Finish orientation or depart	Depart	Depart	Depart	
		On the water	On the water	Return to camp	
Stewards					
Lunch	Lunch (in camp or on water)	Lunch on the water	Lunch on the water	Lunch at camp	
Trip orientation, goals, itinerary, team-building, packing, etc.	Arrive at site, orientation, divide up duties, set up camp	Arrive at site, orientation, divide up duties, set up camp	Arrive at site, orientation, divide up duties, set up camp	Clean gear	
				Shower/pack personal gear	
	Siesta	Siesta	Siesta	Final reflection	
	Games/explore	Games/explore	Games/explore	Depart camp	
Stewards					
Dinner	Dinner	Dinner	Dinner		
Details Camper/staff meetings	Details	Details	Details		
	Games/explore	Games/explore	Games/explore		
Sundown	Sundown / evening activities	Sundown / evening activities	Sundown / evening activities		
Transition/change					
Campfire	Campfire	Campfire	Campfire		