



## **Backcountry Camp Daily Structure**

### **Wake up/Opening**

- *Wake up:* We start our days around 7:00 am.
- *Water:* Everyone wash their hands and face in a creek, lake, or with a water bottle.
- *Words of Thanks:* The group will share intentional words of gratitude.
- *Movement:* Guides will lead an activity that emphasizes movement and promotes health, flexibility, and vitality.

### **Breakfast/Setting the Intention for the Day**

- *Dreams:* During breakfast we take time to share and talk about dreams.
- *Check in:* Guides talk about the plan for the day, ask about everyone's health and answer questions about the day or past activities.
- *Clean up & prep:* The group cleans up breakfast, guides set a time frame for re-convening and have everyone prepare for the day (pack up camp, fill water bottles, take care of medical issues, put on sunscreen, fix gear, treat water, etc.)

### **Learning of the Day**

- *Introduce New Ideas:* A conversation or lesson to bring new ideas to the group that they can practice and incorporate while they hike and throughout the rest of the day/trip (i.e. botany, geology, tracking, etc.).
- *Lunch:* Eat and relax.
- *Practice, Games, & Reflection:* Ee practice the new skill/lesson while hiking or at camp, play trail games, and reflect on the learning of the day.

### **Early Evening**

- *Dinner prep, Camp Set-up:* A guide and a student helper prep dinner. The rest of the group sets up camp, updates the log-book, cleans up the day's projects, collects firewood, treats water, sets up food storage, treats injuries, etc.
- *Dinner and Reflection:* Over dinner we reflect on the day, share personal stories and experiences, talk about group issues, and relax.
- *Clean up:* Students clean up dinner with guide oversight. We then prepare tea, brush teeth, hang food, make sure the camp is set up for the night, everything is cleaned up and personal needs are taken care of.

### **Evening Program**

- *Group Gathering:* The group comes together and guides will lead a discussion to get to know each other and reflect. The group can share stories, make music, look at the stars or play games before bed around 10 pm.