

# Expedition Camp

## EXAMPLE PROGRAMME

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
<b>1000hrs</b>	<i>Arrive, welcome and briefings</i>	<b>0900hrs</b>	Breakfast off site	<b>0930hrs</b>	Climbing/Archery	<b>0600hrs</b>	Breakfast offsite	<b>0800hrs</b>	Breakfast	
<b>1030hrs</b>								<b>0830hrs</b>	Pack up	
<b>1030hrs</b>	<i>Problem Solving</i>							<b>0830hrs</b>		
<b>1300hrs</b>								<i>Lunch and Expedition planning</i>	<b>0930hrs</b>	Pico Sailing
<b>1300hrs</b>	Lunch off site								<b>0730hrs</b>	
<b>1400hrs</b>								<b>1100hrs</b>	Rest	
<b>1400hrs</b>	<i>HIKING/ MTB EXPEDITION</i>	<b>1130hrs</b>	Unpack equipment							
<i>HIKING/ MTB EXPEDITION</i>		Expedition planning and Lunch		<b>1030hrs</b>	Bosun Sail					
			<b>1345hrs</b>	Lunch offsite						
<i>Stay at Offsite</i>		Chill time Dinner on site	<b>13.45pm</b>		Return and pack kit					
			<b>2030hrs</b>	Showers and change						
<i>Stay at Offsite</i>		Nightline	<b>1600hrs</b>		Dinner and Night kayak					
	<b>2130hrs</b>			Low ropes						
<b>2000hrs</b>		<b>18.30pm</b>	Stay Offsite		<b>1500hrs</b>	Home time				