

TEEN HIGH ADVENTURE
SAMPLE SCHEDULE

MONDAY

2–4pm	Check-in and move into lodge
4:30pm	Welcome and Orientation
5:30pm	Supper
6:30pm	Backpack equipment check and Preparation
	- Tents, packs, clothing, group equipment, food
	- Leave No Trace principles
	- Team-building
9:30pm	Snack
10pm	Bedtime

TUESDAY

8am	Breakfast
9am	Backpack Preparations
12:30pm	Lunch
1:30pm	Backpack Preparations
3:30pm	Swimming and tubing the Middle Prong
5:30pm	Supper
6:30pm	Backpack Preparations and Team-Building
9pm	Campfire and snack
10pm	Bedtime

WEDNESDAY – Depart

8am	Breakfast
9am	Final Preparations
10am	Departure: Begin Backpack Trip

TYPICAL DAY IN THE BACKCOUNTRY – 7 DAY TRIP

8am	Wake-up
	- Begin breakfast preparations
	- Pump drinking water from closest water source
	- Clean-up and tent breakdown
	- Pack gear
	- Sweep area before departure
9:30am	Stretch before hike
10am–4pm	Hike & Explore Great Smoky Mountain Wilderness

4pm Reach Campsite
- Scout sites for tents and set up
- Locate bear-bag cables
- Pump drinking water
- Consolidate group gear
5pm Solo Spot (Quiet Time)
6pm Dinner
7pm Clean-up
- Clean cooking site
- Hang bear bags
8pm Campfire: Group time
10pm Bedtime

TUESDAY – Return

2pm Return to Tremont and Unpack
- Set-up tents to air out
- Clean and store all gear
3–5pm Tubing and swimming at river
5:30pm Supper
8pm Campfire
10pm Bedtime

WEDNESDAY

8am Breakfast
9am Pack sack lunch
9:30am Depart for Whitewater Rafting
5:30pm Cookout
8pm All-camp Adventure Game
9:30pm Snack
10pm Bedtime

THURSDAY

8am Breakfast
9am Pack and clean-up lodge
10:30am Pick-up and goodbyes