

**WILDERNESS ADVENTURE TREK**  
***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 Final Preparations  
10am Departure: Begin Backpack Trip

**TYPICAL DAY IN THE BACKCOUNTRY**

- 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 National Park  
4pm Reach Campsite  
- Scout sites for tents and set up  
- Locate bear 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

### **FRIDAY**

2pm Return to Tremont and Unpack  
- Set-up tents to air out  
- Clean and store all gear  
3–5pm Swimming and tubing the Middle Prong  
5:30pm Supper: Cook-out  
8pm Campfire  
10pm Bedtime

### **SATURDAY**

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