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SAMPLE ITINERARY: Level One Trip

Weeknight BEFORE the Trip:

Parent/Participant Meeting (see "Parent Meeting & FAQs")

- Meet Parents and Participants
- Review Personal Gear List, Collect and Review all required trip forms, Review Expectations, and Answer Questions about the Trip
- Individual Gear is distributed to Participants (see "Gear List")

*Participants are assigned to leadership teams and tents for the trip and are assigned to inventory gear; while participants are working on inventoring, Parents meet with LongWalk Staff for Q&A.

FRIDAY

AM – Group loads backpacks & gear on sponsoring organization's transportation

- Depart for wilderness
- Arrive at wilderness (State Park/National Forest)
- Guide reviews general safety and wilderness procedures and expectations
- Friday Leadership Team directs camp setup, dinner preparation, distributes community gear, and insures all campers understand where water and toilets are located
- Group Debrief & Discussion, Including Group & Self-Evaluations, Led by Crew (and Adults)
- Brief Saturday's Leadership Team

SATURDAY

AM – Saturday Leadership Team wakes up Crew, directs breakfast preparation, breaking down of camp, and insures all packs are loaded, all gear is accounted for, water bottles are full, and campsite is pristine

Depart from Campsite & Start Hiking, Led by the Saturday Leadership Team

- Leadership Team leads Crew throughout the day with provided maps
- Leaders decide when rest and water/food breaks are taken and where camp is set up

PM - At campsite, Leaders supervise camp setup, meal prep, and other associated tasks

- Group Debrief & Discussion, Including Group & Self-Evaluations and areas of excellence and areas that might need improvement, Led by Crew (and Adults)
- Brief Sunday's Leadership Team

SUNDAY

AM – Sunday Leadership Team wakes up crew, directs breakfast preparation, breaking down of camp, and insures all packs are loaded, all gear is accounted for, water bottles are full and campsite is pristine

Depart from Campsite & Start Hiking, Led by the Leadership Team

- Leadership Team leads crew throughout the day with provided maps
- Leaders decided when rest and food breaks are taken

PM - Upon arrival of destination, Sunday Leaders supervise gear inventory and break-down

- Group Debrief & Discussion, Including Group & Self-Evaluations and areas of excellence and areas that might need improvement, Led by Crew (and Adults)

Group evaluates the trip and is informed of other LongWalk Leadership opportunities and invited to participate. Crew leaves area in sponsoring organization's vehicles and departs for home.