

CAP 1

Timings	Day 1	Day 2	Day 3	Day 4	Day 5
	Monday	Tuesday	Wednesday	Thursday	Friday
0830-0900	Parent/Transport Drop Off				
0900-0920	Intake / Admin / COVID & Safety Briefings / Overview of Week One	Daily Meeting (IceBreakers, Announcements, Goals)			
0925-1005		Guest Experience	Outdoor Based Activity (Orienteering, Hiking etc.)	Elemental Day (Round Robin)	Local Community Outreach Experience
1010-1050	Ice Breakers				
1050-1110	Break	Break	Break	Break	Break
1115-1155	Team Building	Marksmanship	Outdoor Based Activity (Orienteering, Hiking etc.)	Elemental Day (Round Robin)	Local Community Outreach Experience
1200-1240	TBD				
1240-1330	Fresh Lunch	Fresh Lunch	Fresh Lunch	Fresh Lunch	Fresh Lunch
1330-1410	Recreation/Sports Activities	Marksmanship	Outdoor Based Activity (Orienteering, Hiking etc.)	Guest Experience	Amazing Race (fun learning confirmation) or Sports Tabloid
1415-1455				Recreation/Sports Activities	
1500-1540	Discretionary Topics	Recreation/Sports Activities	Outdoor Based Activity (Orienteering, Hiking etc.)	Recreation/Sports Activities	
1540-1620					
1620-1645	End of Day Routine	End of Day Routine	End of Day Routine	End of Day Routine	End of Day Routine
1645-1700	Parent/Transport Pick Up				

CAP 2												
Timings	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
0830-0900	Parent/Transport Drop Off					MRE Breakfast	MRE Breakfast	Biv Site Tear Down	Parent/Transport Drop Off			
0900-0920	Daily Meeting (IceBreakers, Announcements, Goals)								Daily Meeting (IceBreakers, Announcements, Goals)			
0925-1005	Intake / Admin / COVID & Safety Briefings / Overview of Week One	Guest Experience	Leadership 3	Local Community Outreach Experience	Interpersonal Skills 3	Round Robin Skills: stoves, lanterns, fires, radios, knife/axe use, semaphore	Team Building	MRE Breakfast	Elemental Day (Round Robin)	Outdoor Based Activity (Orienteering, Hiking etc)	Guest Experience	Amazing Race (fun learning confirmation) or Sports Tabloid
1010-1050			Ice Breakers		Leadership 4		Leadership 6					
1050-1110	Break	Break	Break	Break	Break	Break	Break	Break	Break	Break		
1115-1155	Team Building	Guest Experience Cont	Summer Biathlon Prep (Range)	Local Community Outreach Experience	Discretionary Topics	Round Robin Skills Cont.	Camp Craft: Chairs, beds, hammocks, tripods (IGs: BSurv, SurvInstr)	Outdoor Based Activity (Orienteering, Hiking etc)	Elemental Day (Round Robin)	Outdoor Based Activity (Orienteering, Hiking etc)	Discretionary Topics	
1200-1240	Leadership 1	Leadership 2	Summer Biathlon Prep (Biathlon Skills)			Shelter Demo and Construction						
1240-1330	Fresh Lunch	Fresh Lunch	Fresh Lunch	Fresh Lunch	Fresh Lunch	MRE Lunch	MRE Lunch	MRE Lunch	Fresh Lunch	Fresh Lunch	Fresh Lunch	Fresh Lunch
1330-1410	Interpersonal Skills 1	Interpersonal Skills 2	Summer Biathlon	FTX Personal and Group Kit Packing and Prep	Transport to FTX Site	Shelter Demo and Construction	Practical Leadership Tasks	Transport to CAP Site	Guest Experience	Outdoor Based Activity (Orienteering, Hiking etc)	TBD	Recreation/Sports Activities
1415-1455	FTX Early Discussion (Scope, Kit List, Notice to Parents etc)	Recreation/Sports Activities		Leadership 5							Site Safety Briefing, Site Prep: tents, tarps, setup	
1500-1540	Recreation/Sports Activities			DeBrief	Close Out (Army Expedition Thingy) / Celebration							
1540-1620				End of Day Routine		End of Day Routine		Cleanup				
1620-1645	Parent/Transport Pick Up					MRE Supper (how to eat an MRE)	MRE Supper	MRE Supper	Parent/Transport Pick Up			
1645-1700	Parent/Transport Pick Up								Parent/Transport Pick Up			
1700-1730												
Evening					Night Ops	Knots and Lashings, Team Building	Night Ops					