

MONDAY

8-9am Early Drop Off
game set-up

9am **WELCOME**
& check-in

Ground rules shared.
Name game, Team
games. Ice breakers!

apply sunscreen

PFD Float and
team river crossing

12:00- 1:00 lunch break

re-apply sunscreen

1-3:45pm **Brush Creek**
hike and slide

Water Safety.
Leave No Trace concepts.

4:00 Pick up
Team games, journaling,
set up for next
adventure!
by 5:00 Late Pick up

TUESDAY

8-9am Early Drop Off
boats & paddles

9am check-in

apply sunscreen

SUP/ Lake kayak on **Lake
Isabella** . Includes
instruction and paddle
time. Water Safety.

12:00- 1:00 lunch break

re-apply sunscreen

1-3:45pm
Double Blitz raft trip on
Powerhouse section of
the Upper Kern, includes:
raft slides,
team games on rafts,
riding the bull,
adventure swim at
Ewing's!

4:00 Pick up
Team games, journaling,
set up for next
adventure!
by 5:00 Late Pick up

WEDNESDAY

8-9am Early Drop Off
gear layout

9am check-in

Climbing Wall + Low
ropes course. Includes
instruction in use of
climbing gear,
terminology, rappelling.
Climbing safety.

12:00- 1:00 lunch break

re-apply sunscreen

1-3:45pm
Nature art, face painting,
swim beach time.
Teambuilding elements.

Gold panning

4:00 Pick up
Team games, journaling,
set up for next
adventure!
by 5:00 Late Pick up

THURSDAY

8-9am Early Drop Off
helmets & bikes

9am check-in

Mountain bike tour on
Greenhorn Mountain!
Experienced and
beginners groups if
appropriate. Biking
safety.

12:00- 1:00 lunch break

re-apply sunscreen

1-3:45pm
Inflatable Kayak's or
rafts on **Powerhouse**
section. Includes paddle
instruction for small
boat, bracing, turning,
paddling with a partner.

4:00 Pick up
Team games, journaling,
set up for next
adventure!
by 5:00 Late Pick up

FRIDAY

8-9am Early Drop Off
Team-Tri set up

9am check-in

Team TRI, staged @ MRA
Campground.
Includes a paddle, a run,
and a bike, with obstacle
course built in. Event
safety.

12:00- 1:00 lunch break

re-apply sunscreen

1-3:45pm
Beach time at the curve,
water games (3 flies up).
Group photos with MRA
photog. Final goodbyes!
On to your next
adventure.

4:00 Pick up
Team games, journaling,
set up for next
adventure!
by 5:00 Late Pick up