

ASCENT Daily Schedule Rock Lake Adventure

This program is designed to last 4-5 days. The first day will be basic skills and preparatory learning, while the following days will include a 2-3 night backpacking trip. A group leader and a few volunteers will be accompanying the group.

Day 1-

10:00 - Arrive at Bull River Pavilion
10:00-11:00 - Introductions, equipment explanation and use. Expectations of program.
11:00-12:00 - Fire and bear Safety/Leave No Trace, Trail maintenance service learning with Forest Service
12:00-1:00- Lunch
1:00-2:00- Packing and preparation (gear, clothing, reviewing maps, checklists, informing others)
2:00-3:00- Setting up camp/Backpacking safety discussion
3:00-5:00- Food prep
5:00-7:00- Dinner
7:00-9:00- Campfire talk
9:00- Tent/hammock time!

Day 2-

8:00-9:00- Final gear checks/Breakfast
9:00- Bus leaves for Rock Lake
10:30- Hike to Rock Lake (trail maintenance and human impact service learning, safety discussion)
1:00- Camp Set-up/ Lunch (using stoves, washing dishes, food/bear management, shelters)
2:00- Camp and safety basics (waste management, leave no trace principals, hydration, hygiene)
3:00-5:00 - Find the trash! Scavenger hunt (wilderness clean-up activity)
5:00-7:00- Dinner, clean-up, night prep (obtaining firewood ethically, hanging food, tent and hammock prep, flashlights)
7:00-8:00- Firewood gathering/water filtration/next day prep
8:00-9:00- campfire whole group discussion (leave no trace, food and energy consumption, fire and bear safety, packing light, what tree?)
9:00 - Tent/hammock time!

Day 3-

7:00-9:00- Wake, breakfast, campsite clean-up, food storage, hygiene, water prep
9:00-10:00- Break out session explanation, packing day packs, preparing for a day in the wilderness, group hiking safety discussion
10:00- 12:00- Break-out Session with group Rappelling/Belaying/safety with ropes- (search and Rescue Team Member)
12:00-1:00- Lunch
1:00-3:00- Break-out session discussions - Search and Rescue, Belaying and rappelling, Wilderness workers, what they do and why it is so important. How can we help? Hike to East Slope (depending on time/mood)
3:00-5:00- Back to base camp, wilderness water safety and taking care of our natural resources
5:00-7:00- Dinner, clean-up, night prep (firewood, hanging food, tent and hammock prep, flashlights)
7:00-8:00- Free time with coordinator supervision, firewood gathering, water filtration/next day prep
8:00-9:00- Campfire whole group discussion (what did you learn? Leave no trace. Environmental Ethics)
9:00- Tent/hammock time!

Day 4-

7:00-9:00- Wake, breakfast, campsite clean-up, food storage, hygiene, water prep
9:00-10:00- Break out session explanation, packing day packs, preparing for a day in the wilderness, group hiking safety discussion
10:00- 12:00- Break-out Sessions with groups Bushwhacking/navigation/geocaching/fishing
12:00-1:00- Lunch
1:00-3:00- Break-out session discussion - Forest Service, Trail maintenance. How can we help?
3:00-5:00- Back to base camp, Wilderness survival techniques and challenge/pack-up!
5:00-8:00- Hike out/Gear Checkins
8:00- Pick up at Bull River Campground Docks area