



“OVER THE TOP” COURSE SAMPLE ITINERARY

DAY 1

- 3:00pm Check-in at base camp
- 3:30pm Expedition welcome session
- 4:00pm Leadership development session #1
- 5:30pm Supper
- 6:30pm Leadership development session #2
- 8:00pm Team activity
- 9:00pm Cracker Barrel/journaling
- 10:00pm Lights out

DAY 2

- 7:30am Breakfast
- 8:30am Trail training session #1
- 10:00am Leadership development session #3
- 11:30pm Lunch
- 12:30pm Leadership development session #4
- 2:00pm Trail training session #2
- 3:00pm Team activity
- 4:00pm Trail training session #3
- 5:30pm Supper
- 6:30pm Team activity
- 7:30pm Pack for trail
- 8:30pm Cracker barrel/journaling
- 9:30pm Lights out

DAY 3

- 7:30am Breakfast
- 9:00am Depart for Expedition
- 11:30am Arrive at launch point/lunch
- 12:30pm Backpacking main expedition, Appalachian Trail

DAY 4

- Backpacking Appalachian Trail, team building, advance trail skills

DAY 5

- Backpacking Appalachian Trail, advance trail skills, service

DAY 6

- Final leg of trip, white water rafting, return to basecamp
- 8:30pm Cracker barrel/journaling
- 9:00pm Campfire

DAY 6

- 8:00am Breakfast
- 9:00am Pack and cleanup
- 10:30am Expedition debrief/Graduation
- 12:pm Lunch and depart for home

