



# Evergreen Summer Camps

## Earth Explorers Timetable - Week 1

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30	22:00	22:30
<b>Day 1</b>	Wake Up	Transport To Hakuba									Transport	Greeting & Lunch	Raft Building Adventure On Lake Aokiko									Free Time	Dinner	Drama Night			Shower & Ready For Bed	Lights Out				
<b>Day 2</b>	Wake Up	Breakfast	Lake Study & Walk To Himekawa Spring									Lunch	Games & Fishing At Green Sport									Free Time	Dinner	Board Games, Relax & Phone Calls			Shower & Ready For Bed	Lights Out				
<b>Day 3</b>	Wake Up	Breakfast	Rafting On Hime River									Lunch	Science Project & Tiedye									Free Time	Dinner	Quiz Night			Shower & Ready For Bed	Lights Out				
<b>Day 4</b>	Wake Up	Breakfast	Stand Up Paddle Board On Aoki Lake									Lunch	Outdoor Games						Free Time	Pizza Party			Camp Fire	Shower & Ready For Bed	Lights Out							
<b>Day 5</b>	Wake Up	Breakfast	Canyoning Adventure									Lunch	Tsugaike WOW Park									Free Time	Dinner	Movie Night			Shower & Ready For Bed	Lights Out				

### Outdoor Gear Checklist

- Backpack (for day-trips)
- Suitable footwear for mountain biking & outdoor activities
- Water bottle
- Flashlight
- 2 x garbage bags (for waterproofing and laundry)
- rain wear (test it in the shower!)

### Clothing Checklist

- Underwear
- Hat or cap (for the sun)
- Socks (including wool)
- Pants & Shorts
- Swimwear
- T-shirts
- Sweater or fleece
- Sports sandals or water shoes (not flip-flops)
- Pajamas

### Other Items Checklist

- Toiletries
- Insect repellent
- Towel
- Books
- Lip balm
- Sunscreen

### Optional Items Checklist

- Swimming goggles/mask
- Camera (disposable)
- Playing cards
- Band-aids
- Sunglasses
- Musical instruments
- Spending money (for gifts)

### What Not To Bring

- ! Knives of any kind
- ! Pets
- ! Alcohol
- ! Cigarettes
- ! Video Games

Any equipment/gear specific to the camp activities will be provided by Evergreen.



# Evergreen Summer Camps

## Earth Explorers Timetable - Week 2

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30	22:00	22:30
<b>Day 6</b>	Wake Up	Pancake Breakfast		Outdoor Games								Lunch	Tree Climbing								Free Time	Dinner	Sustainability Workshop		Shower & Ready For Bed	Lights Out						
<b>Day 7</b>	Wake Up	Breakfast	Mountain Biking from Kokusai to Oide Park								Lunch	Mountain Biking To Kokusai Including Snack Break								Free Time	Dinner	Evening Walk & Stargazing		Shower & Ready For Bed	Lights Out							
<b>Day 8</b>	Wake Up	Breakfast	Hiking Adventure To Kamaike Pond Including Exploring The Old Growth Beech Forest								Lunch	Learn How To Use a Compass & Map Orienteering								Free Time	Dinner	Quiz Night		Shower & Ready For Bed	Lights Out							
<b>Day 9</b>	Wake Up	Breakfast	Lake Rafting At Lake Aoki								Lunch	Kayaking At Lake Aokiko								Free Time	Pizza Party		Camp Fire	Shower & Ready For Bed	Lights Out							
<b>Day 10</b>	Wake Up	Breakfast	Climbing								Lunch	Certificates & Presentations	Transport	Transport To Tokyo								Meet Family										

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- Water bottle
- Flashlight
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- rain wear (test it in the shower!)

### Clothing Checklist

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- Pants & Shorts
- Swimwear
- T-shirts
- Sweater or fleece
- Sports sandals or water shoes (not flip-flops)
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### Other Items Checklist

- Toiletries
- Insect repellent
- Towel
- Books
- Lip balm
- Sunscreen

### Optional Items Checklist

- Swimming goggles/mask
- Camera (disposable)
- Playing cards
- Band-aids
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- Any equipment/gear specific to the camp activities will be provided by Evergreen.