



# Evergreen Summer Camps



## Japan Alps Leadership 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										Greeting & Lunch			Lake Rafting & Team Building On Lake Aokiko						Free Time	Dinner	Camp Fire & Skills Training			Shower & Ready For Bed	Lights Out					
<b>Day 2</b>	Wake Up	Breakfast	Orienteering Training - Compass, GPS & Map Skills		Hiking Adventure To Himekawa Spring				Lunch	Geocache From Himekawa To Green Sports By Mountain Bike						Free Time	Dinner	Evening Recap & Training on Group & Risk Management			Shower & Ready For Bed	Lights Out										
<b>Day 3</b>	Wake Up	Breakfast	Environmental Impact Training & Create Meal Plan For Hiking Tour						Lunch	Climbing, Rapelling & Ropes Training						Free Time	Dinner	Plan Hike: Route Plan, Escape Routes, Group / Resource Management			Shower & Ready For Bed	Lights Out										
<b>Day 4</b>	Wake Up	Breakfast	Canyoning						Lunch	Canyoning			Food Shopping For Day 5 Hiking Tour			Dinner	Packing & Weather Report / Risk Analysis For Overnight Hike			Shower & Ready For Bed	Lights Out											
<b>Day 5</b>	Wake Up	Breakfast	Kita Alps Hike						Lunch	Hike Continued						Set Camp	Camp Cooking	Stargazing		Wash & 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. All camp gear such as tents, sleeping bags, utensils, cups, plates and bowls will be provided by Evergreen for all overnight camping trips.



# Evergreen Summer Camps



## Japan Alps Leadership 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	Breakfast	Hike Continued										Lunch	Onsen, Pack Down & De-Brief						Free Time	Dinner	Movie Night	Shower & Ready For Bed	Lights Out								
<b>Day 7</b>	Wake Up	Pancake Breakfast	Group Workshop: Study of Environment & Human Impact										Lunch	Plan & Prep For River Raft Adventure			Food Shop @ A-Co-op			Dinner	Goal Setting For Raft Trip	Shower & Ready For Bed	Lights Out									
<b>Day 8</b>	Wake Up	Breakfast	Set Up & Transport To Saigawa River	Rafting in Saigawa River								Lunch	Down River Rescue & Swimming				Set Camp		Dinner	Campfire	Wash & Ready For Bed	Lights Out										
<b>Day 9</b>	Wake Up	Breakfast	Continue Raft Trip								Lunch	Rafting				Onsen, Pack Down & Rest		Pizza Party		Shower & Ready For Bed	Lights Out											
<b>Day 10</b>	Wake Up	Breakfast	Sharing, Games, Closing at Matsukawa Riverside & Fishing @ Nireike								Lunch	Certificates & Presentations		Transport To Tokyo					Meet Family													

### 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. All camp gear such as tents, sleeping bags, utensils, cups, plates and bowls will be provided by Evergreen for all overnight camping trips.