



# Evergreen Summer Camps

## 5 Day Mountain Masters Timetable

	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	Tree Climbing					Free Time	Dinner	Drama Night			Shower & Ready For Bed	Lights Out							
<b>Day 2</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 3</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 4</b>	Wake Up	Breakfast	Canoe At Lake Aoki										Lunch	Stand Up Paddle Boarding					Free Time	Pizza Party			Camp Fire	Shower & Ready For Bed	Lights Out							
<b>Day 5</b>	Wake Up	Breakfast	Shower Climbing Adventure										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.