



## 5 Day Japan Alps Leadership 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
<b>Day 1</b>	Wake Up	Transport To Hakuba									Transport	Greetings & Lunch	Tree Climbing & Rope Workshop					Journey Plan			Hotel Check In	Dinner @ The Alps View	Packing & Weather Report			Ready For Bed	Lights Out				
<b>Day 2</b>	Wake Up	Breakfast	Rock Climbing & Rapelling Skills						Lunch	Rock Climbing Continued						Set Camp @ Lizana Kogen	Camp Cooking		Night Walk & Stargazing			Ready For Bed	Lights Out								
<b>Day 3</b>	Wake Up	Breakfast & Camp Pack-Down	Mountain Bike Journey To Togakushi						Lunch	Mountain Bike Journey Continued						Set Camp @ Togakushi	Camp Cooking		Mountain Bike & Sustainability Workshop			Ready For Bed	Lights Out								
<b>Day 4</b>	Wake Up	Breakfast & Camp Pack-Down	Hiking Journey In Togakushi						Lunch	Hiking Journey Continued						Transport To The Alps View	Pizza Party @ The Alps View			Evening Activity - Camp Fire		Ready For Bed	Lights Out								
<b>Day 5</b>	Wake Up	Breakfast	Canoe In Autumn Foliage						Lunch	Certificates & Presentations	Transport	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)
- Long Pants
- T-shirts
- Warm Clothes (Sweater Fleece Jacket)
- Pajamas

### Other Items Checklist

- Mask & Plastic Zip Lock Bag
- Hand Sanitizer
- Toiletries
- Insect repellent
- Towel
- Books
- Lip balm
- Sunscreen

### Optional Items Checklist

- Camera (disposable)
- Playing cards
- Band-aids
- Sunglasses
- Musical instruments
- Spending money (for gifts)
- Watch

### 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. Campers will have limited time with their phones, before, or after dinner (for phone calls only)