



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
Day 1	Wake Up	Transport To Hakuba										Greeting & Lunch			Raft Making & Leadership Training				Dinner		Camp Fire & Skills Training			Clean Up	Ready For Bed	Lights Out						
Day 2	Wake Up	Breakfast	Orienteering Training - Compass, GPS & Map Skills		Hiking Adventure To Himekawa Genryu				Lunch		Geocache From Himekawa To Green Sports By Bicycle				Fishing		BBQ	Set Up Tents	Evening Recap & Training on Group & Risk Management			Clean Up	Ready For Bed	Lights Out								
Day 3	Wake Up	Breakfast	Environmental Impact Training & Create Meal Plan For Hiking Tour					Lunch		Walk From Green Sports to Wing 21 For Rock Climbing, Rapelling and Ropes training					Move to Hotel	Dinner	Plan Hike: Route Plan, Escape Routes, Group / Resource Management			Clean Up	Ready For Bed	Lights Out										
Day 4	Wake Up	Breakfast	Canyoning					Lunch		Canyoning		Food Shopping For Day 5 Hiking Tour			Dinner	Packing & Weather Report / Risk Analysis For Overnight Hike			Clean Up	Ready For Bed	Lights Out											
Day 5	Wake Up	Breakfast	Transport	Lift & Ropeway To Tsugaie, Climb To Hakuba Ooike				Lunch		Climb To Hakuba Ooike			Set Camp	Camp Cooking	Stargazing		Clean Up	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.



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
Day 6	Wake Up	Breakfast	Hiking Tour & Onsen At Renge Onsen										Lunch	Hiking					Transport to Pannorama Hotel	Dinner	Movie Night			Clean Up	Ready For Bed	Lights Out						
Day 7	Wake Up	Pancake Breakfast	Wash Clothes & Unpack Group Workshop & Study of Environment & Human Impact										Lunch	Plan and prep for Raft Adventure					Food shop at Co-op			Dinner	Evening Journals & Goal Setting For Raft Trip			Clean Up	Ready For Bed	Lights Out				
Day 8	Wake Up	Breakfast	Set Up & Transport To Saigawa	Rafting in Saigawa					Lunch	Down River Rescue & Swimming					Set Camp	BBQ			Campfire			Clean Up	Ready For Bed	Lights Out								
Day 9	Wake Up	Breakfast	Set Up & Transport	Rafting in Saigawa					Lunch	Rafting	Onsen, Pack Down & Rest			Prep for BBQ / Pizza Party			Pizza Party at Roots Cafe Assist Younger Students Making Pizzas. Last Night Farewell Party. Music, Photo Slide Show & Stories			Clean Up	Ready For Bed	Lights Out										
Day 10	Wake Up	Breakfast	Sharing, Games, Journals, Closing at Matsukawa Riverside					Lunch					Travel Hakuba To Tokyo																			

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.