



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
Day 1	Wake Up	Train To Hakuba									Transport	Greeting & Lunch @ Roots	Tree Climbing					Free Time	Journal	Dinner @ Hotel	Evening Activity			Bath	Ready For Bed	Lights Out						
Day 2	Wake Up	Breakfast	Mountain Biking from Kokusai to Oide Park									Lunch @Oide	Mountain Biking To Kokusai Including Snack Break					Free Time	Journal	Dinner @ Hotel	Introduction To Stargazing			Bath	Ready For Bed	Lights Out						
Day 3	Wake Up	Breakfast	Hiking Adventure To Otari Onsen Including Exploring The Old Growth Beech Forest With Professor Tsuda									Lunch @Oide	Camp Set Up & Orienteering. Learn How To Use a Compass & Map					Journal	Camp Cooking & Clean			Camp Fire & Stargazing			Bath	Ready For Bed	Lights Out					
Day 4	Wake Up	Breakfast	Hiking Around The Lake					Relax		Lunch @ Roots	Stand Up Paddle Boarding & Kayaking At Lake Aokiko					Free Time	Journal	Pizza Party @ Roots			Camp Fire	Transport	Bath	Ready For Bed	Lights Out							
Day 5	Wake Up	Breakfast	Climbing Including How To Climb, Belay & Abseil								Lunch @ Omachi	Abseil	Certificates & Presentations	Transport	Train 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.