

Sample Outdoor Adventure Trip

Day 1

(Set-up)

Afternoon Arrive at base camp and get oriented

- Get acquainted exercises: (Interactive Games)
- Circles of Cooperation
- Believe it or Not
- Four Corners of the Earth
- Outside In

Outfit the team and pack

Leave for the drop

Evening Hike to first stop

Set-up camp

Supper

First Reflection Opportunity (Elements)

Day 2

(Internal and silence)

Morning Personal reflection time

Second Reflection Opportunity (Positive Prophecy)

Breakfast

Hiking

Trust Elements (Interactive Games)

Afternoon Lunch
Hiking
Spelunking

Evening Dinner / Set-up camp
Third Reflection Opportunity (My Coat of Arms)
Campfire / Journaling / Sharing
Midnight Mayhem

Day 3

(God's View)

Morning Personal reflection
Fourth Reflection Opportunity (My Desires / God's Giftings)
Breakfast
Hiking

Afternoon Lunch
Hiking

Interactive Games

- A Secret Message
- Pass the Loop

My Obstacle; Your Obstacle
Hiking

Evening Dinner / Set-up camp
Personal Challenges (Interactive Games)
Campfire / Journaling / Sharing

Day 4

(My View)

Morning Personal reflection time
Breakfast
Hiking
Climb / Rappel

Afternoon Lunch

Evening Dinner / Set-up camp
Personal Challenges
Fifth Reflection Opportunity (I've Overcome)
Campfire / Journaling / Sharing

Day 5

(My Mission)

Morning Personal reflection time
Sixth Reflection Opportunity (Passions in my Life)

Breakfast

Hiking

Afternoon Hotel

Seventh Reflection Opportunity (My Mission Defined)

Evening Dinner

Reflection and commentary

Day 6

(Commissioning)

Morning Personal reflection time

Breakfast

Share

A part of the Whole (Interactive Game)

Return to Base Camp

Go Make Your Mark (Commissioning Ceremony)