

# WILDERNESS ADVENTURE TREK

## MONDAY

- 2–4pm Check-in and move into lodge  
4:30pm Welcome and Orientation  
5:30pm Supper  
6:30pm Backpack equipment check and Preparation
- Tents, packs, clothing, group equipment, food
  - **Leave No Trace** principles
  - Team-building
- 9:30pm Snack  
10pm Bedtime

## TUESDAY

- 8am Breakfast  
9am Final Preparations  
10am Departure: Begin Backpack Trip

## TYPICAL DAY IN THE BACKCOUNTRY

- 8am Wake-up
- Begin breakfast preparations
  - Pump drinking water from closest water source
  - Clean-up and tent breakdown
  - Pack gear
  - Sweep area before departure
- 9:30am Stretch before hike  
10am–4pm Hike & Explore Great Smoky Mountains National Park  
4pm Reach Campsite
- Scout sites for tents and set up
  - Locate bear cables
  - Pump drinking water
  - Consolidate group gear
- 5pm Solo Spot (Quiet Time)  
6pm Dinner  
7pm Clean-up
- Clean cooking site
  - Hang bear bags
- 8pm Campfire: Group Time  
10pm Bedtime

## FRIDAY

- 2pm Return to Tremont and Unpack
- Set-up tents to air out

- Clean and store all gear  
3–5pm Swimming in the Middle Prong  
5:30pm Supper: Cook-out  
8pm Campfire  
10pm Bedtime

## **SATURDAY**

8am Breakfast  
9am Pack and clean-up lodge  
10:30am Pick-up and goodbyes