



Stone Canyon Summer Camp Beginner Backpacking Itinerary

Day 1 – Tuesday, July 14, 2021

Location: Stone Canyon

Focus: Backpacking gear overview, camp craft

9:30 am	Campers arrive at Stone Canyon <ul style="list-style-type: none">• Check all paperwork• ACA/COVID health exam
10:00-10:15	Welcome and expectations
10:15-11:00	Icebreakers and get to know you activities
11:00-12:00	Full Value Contract (group expectations and culture)
12:00-1:00	Lunch
1:00-2:00	Backpacking gear/clothing basics
2:00-3:30	Set up camp: what to look for in a campsite, what to do upon arrival, how to set up a tent, what to do with food
3:30-5:00	All things camp cooking: backpacking meal nutrition, stove use, food prep
5:00-6:30	Prepare, eat dinner, and clean up dinner
6:30-7:30	Leave No Trace lesson
7:30-8:30	Day debrief: Individual goals for the trip, apprehensions, needs from the group
8:30-9:30	Wrap up & get ready for bed
9:30-10:00	Tent time & Lights out

Day 2 – Wednesday, July 15, 2021

Location: Stone Canyon, Spruce Mountain Open Space

Focus: How to pack a backpack, first aid basics, hiking with weight

7:00-8:00	Wake-up and breakfast
8:00-9:00	How to pack a backpack
9:30-2:00	Hike at Spruce Mountain, with lunch on trail <ul style="list-style-type: none">• Lessons will include: hiking etiquette, basic first aid, blister care, etc.
2:00-3:30	Creek time: water purification methods, creek crossings, and some relaxation!
3:30-5:00	Basics of trip planning and route selection
5:00-6:30	Prepare, eat dinner, and clean up dinner
6:30-7:00	Day debrief
7:00-8:30	Campfire
8:30-9:00	Wrap up & get ready for bed
9:00-10:00	Tent time & Lights out

Day 3 – Thursday, July 16, 2021

Location: Stone Canyon, Sandstone Ranch Open Space

Focus: Packing up camp, caring for gear, orienteering

- 7:00-8:00 Wake-up and breakfast
- 8:00-9:00 Pack up camp, de-prep gear
- 9:00-2:00 Hike at Sandstone Ranch Open Space, with lunch on trail
 - Lessons will include: encounters with animals, map reading and orienteering
- 2:00-3:00 Debrief trip
- 3:00 pm Pick up