

Typical Day at BOLD & GOLD

- 7:00 Wake-up
- 7:30 Everyone starts on their assigned group job: cooking breakfast, packing tents and bags, or getting water from the nearby stream
- 8:00 Breakfast "Chow Circle" led by the student "Leader of the Day", to share announcements and appreciations and to have a moment of reflection
- 8:15 Breakfast of oatmeal with raisins, sunflower seeds, and brown sugar with hot tea
- 8:45 Pack up and "sweep" the camp to make sure that it is as beautiful as when they found it, and then gather around the map to see route
- 9:15 The group helps each other put on their backpacks or get canoes in the water, then starts hiking or canoeing. The leader of the day will be hiking at the front of the group, helping instructors lead group decisions, and assisting instructors to guide the other students. The "Navigator" will be guiding the group along.
- 10:30 Break Time to eat a snack including dried fruit or pretzels plus a trail mix with nuts, raisins, M&Ms, drink water, and play a game
- 12:00 Lunch Time of cheese, salami, tuna, tortillas, sunflower butter and jelly, and hummus
- 2:30 Reach destination and set up camp
- 3:30 Snack/swim/rest time
- 4:00 Group game

- 5:00 Dinner prep and evening jobs such as gathering firewood, setting up hand washing station, purifying water, or writing in the group journal
- 6:00 Dinner of burritos with rice, beans, cheese, and salsa
- 7:30 Courage Circle – a time for reflection and sharing about the day and their lives. Each student and instructor share their “ownerships”: One positive thing they did that day that they are proud of, one constructive thing that they could have done better, and appreciations.
- 8:30 Instructors share details of the next day including where they will be heading, any new information, and jobs for the next day
- 8:45 Brush teeth using Leave No Trace Method to minimize impact on nature
- 9:00 Bed Time in sleeping bags in tents
- 9:15 Flashlights Out