

## Sample Schedules for Overnight Visits at Upham Woods

**Blue** – things group leaders are in charge of, **Bold** – Upham leads

### Two-day, One-night Visit

This schedule was made for a group of 40 fifth graders with 6 adult chaperones.

#### Day One

10am	Arrive + meet your Upham Woods Liaison	
10-10:30	Move into Dorm	
10:30-11	<b>Youth &amp; Adult Orientation</b>	
11-12:15pm	<b>Amazing Race</b>	
12:15-12:30	Lunch set-up	
12:30-1:15	Lunch provided by Upham Woods	
1:15-1:30	Lunch clean-up / Recess	
1:30-3:15	<u>Group A</u> <b>Blackhawk Island Hike*</b> *or North Shore Hike if river flow rate is too high	<u>Group B</u> <b>Team Building on Peanut Butter Mountain</b>
3:15-3:30	Bathroom break	
3:30-5:15	<b>Team Building on Peanut Butter Mountain</b>	<b>Blackhawk Island Hike*</b> *or North Shore Hike if river flow rate is too high
5:15-5:30	Dinner set-up	
5:30-6:15	Dinner provided by Upham Woods	
6:15-6:30	Dinner clean-up	
6:30-7	Recreation time (basketball court, large field or Lodge)	
7-8	<b>Campfire</b>	
8-8:30	<b>Night Hike</b> (split into 2 groups)	
8:30-9:30	Dorm time / Showers / Lights out	

#### Day Two

7am	Pack / clean dorm rooms / put belongings outside of dorm building	
7:45	Breakfast set-up	
8-8:45	Breakfast provided by Upham Woods	
8:45-9	Breakfast clean-up	
9-10:30	<u>Group A</u> <b>Archery</b>	<u>Group B</u> <b>Canoeing</b>
10:30-12	<b>Canoeing</b>	<b>Archery</b> end at 11:45 for lunch set-up
11:45-12pm	Lunch set-up (from Group B)	
12-12:45	Lunch provided by Upham Woods	
12:45-1	Lunch clean-up	
1pm	Depart	

### Three-day, Two-night Visit

This schedule was made for a group of 55 fifth graders with 12 adult chaperones. They brought a sack lunch with them for their first meal.

#### Day One

12:30pm	Arrive + meet your Upham Woods Liaison		
12:30-1	Lunch at picnic tables		
1-1:30	Move into Cabins		
1:30-2	<b>Youth Orientation</b> (at campfire circle) <b>Adult Orientation</b> (in Kiwanis Room)		
2-4	<u>Group A</u> <b>BHI</b> Blackhawk Island Hike	<u>Group B</u> <b>Canoeing</b>	<u>Group C</u> <b>PBM Team Building</b> Peanut Butter Mountain
4:15-5:15	<b>Fishing</b>	<b>Orienteering</b>	<b>WWC</b> Wacky Water Critters
5:15-5:30	Dinner set-up		
5:30-6:15	Dinner provided by Upham Woods		
6:15-6:30	Dinner clean-up		
6:30-7	Free time / Recreation time (basketball court, large field or Lodge)		
7-8	<b>Campfire</b> (led by Upham staff)		
8-9	<b>Night Hike</b> (led by your group)		

#### Day Two

7:45-8am	Breakfast set-up		
8-8:45	Breakfast provided by Upham Woods		
8:45-9	Breakfast clean-up		
9-11	<u>Group A</u> <b>PBM</b>	<u>Group B</u> <b>BHI</b>	<u>Group C</u> <b>Canoeing</b>
11:15-12:15pm	<b>WWC</b>	<b>Fishing</b>	<b>Orienteering</b>
12:15-12:30	Lunch set-up		
12:30-1:15	Lunch provided by Upham Woods		
1:15-1:30	Lunch clean-up		
1:30-2	Free time / Recreation time		
2-4	<u>Group A</u> <b>Canoeing</b>	<u>Group B</u> <b>PBM</b>	<u>Group C</u> <b>BHI</b>
4:15-5:15	<b>Life of a Logger presentation</b>		
5:15-5:30	Dinner set-up		
5:30-6:15	Dinner provided by Upham Woods		
6:15-6:30	Dinner clean-up		

6:30-8	<b>Predator Prey game</b>
8-9	<b>Campfire</b> (led by your group)

### Day Three

7:15-7:45am	<b>Move out of cabins / Clean cabins / Bring belongings down the hill</b>		
7:45-8	Breakfast set-up		
8-8:45	Breakfast provided by Upham Woods		
8:45-9	Breakfast clean-up		
9-10:30	<b>Amazing Race</b>		
10:45-11:45	<u>Group A</u> <b>Orienteering</b>	<u>Group B</u> <b>WWC</b>	<u>Group C</u> <b>Fishing</b>
12pm	<b>Pick up sack lunch provided by Upham Woods</b>		
12-12:30	Lunch at picnic tables		
12:30	Depart		