

DAILY ACTIVITIES SCHEDULES SAMPLE

7:00 AM	Road Runners (meet in parking lot)
7:30 AM	Reveille – Polar Bears – morning nebs
7:50 AM	Day shift begins, Flag rising
8:00 AM	Breakfast – Med pass
8:50 AM	Chapel
9:05 AM	Camp Staff meeting (1/2 of staff)
9:05 AM	Cabin clean up / service project
9:15 AM	Medical Rounds in the Welcome Center
9:40 – 10:35 AM	Cabin Activity
10:35 Bell	Move to Achievement
10:45 – 11:45 AM	Achievement I
11:45 AM	Prepare for lunch – mid-day nebs
11:50 AM	Camp Staff meeting (1/2 of staff)
12:15 PM	Lunch – Med pass
1:15 PM	Rest period
1:30 PM	Nurses rounds (informal health care rounds)
2:25 – 2:45 PM	Med pass in cabin
2:30 PM	Afternoon nebs
2:45 Bell	Move to achievement
3:00 – 4:00 PM	Achievement II
4:00 PM	Evening shift begins – Camp Store
4:20 PM	Fun time announcements
4:30 – 5:30 PM	Fun Time
5:30 PM	Prepare for supper – evening nebs
5:50 PM	Flag lowering
6:00 PM	Supper – Med pass
7:00 – 8:00 PM	Cabin Education Session
8:00 – 8:50 PM	Evening program (NOTE: Health Service moves to evening programs)
8:50 PM	KYBO (Keep Your Body Orderly)
9:00 PM	Campfire and Taps talk Bedtime nebs/Traveling at the end of campfire
9:30 PM	Bedtime assessment and med pass in cabin/Devotions
12 Midnight	Night shift begins – Camp lights out

NOTE: The schedule may be adjusted for overnights, cookouts, sleep-ins and all camp activities.