

## Toughness Excursion Outline

Saturday	
8:30	Arrive at trailhead, get ready to hike
9:00	Circle up, go over leave no trace principles Hike out
11:00-1:00	Arrive at camp, snack, water etc. Set up camp: Show team materials and basic idea of how it needs to be set up and see how they do. Assign chores for the remainder of time together Eat lunch
1:00-2:30	Activity 1
3:00-5:00	Activity 2
5:00-7:00	Dinner prep Chores Dinner clean-up
7:00-8:00	Organized fun chill activity
Sunday	
6:30	Wake up call, breakfast team prep starts cooking
7:00-8:00	Breakfast and clean up, lunch prep
8:30-10:00	Activity 3
10:15-11:45	Activity 4
12:00-12:30	Lunch
12:30-1:30	Clean up camp and hike out
3:30	Drive back

Activities (no particular order)

Name	Objectives
Lost and found	Teamwork Communication
Values Quest	Create values Understand of self and team
Personal quest	Personal development Team bonding
I statements	Confidence in self and each other
Down the Line	Personal voice, Accepting compliments, communication

