

Overnight Adventure Program

A defining feature of our typical Adventure Program is the pace. While we do have structured free time in the late afternoon, we keep students engaged during the entirety of the daylight hours and often into the evening. ([LINK to Activities and descriptions](#)).

In between all of this, we pack in a game after *every* meal, a food waste challenge, and a daily opportunity to beat the school record for the most students jumping in the lake at dawn.

Please note that arrival and departure times can be adjusted to accommodate the needs of the group.

Four-day Adventure Sample Program

Day 1

11:30: Group arrives: Introductions and Opening Activity followed by lunch

1:00: Get settled

- Move into cabins and return to Dining Hall
- Divide into groups & instructors introduce “*Team Boards*”*

1:45–4:15 A and B: Outdoor Escape Room

C and D: Team-Building / Raft Building

4:30–5:20 Structured Free Time ** canoes / jump boards / pavilion / field / rope swing

6:00 Hoppers - students assist with setting tables

6:15–7:15 Dinner & ORT Report / Meal Time Game (MTG)

7:30 Evening program: Round Robin : games / field / smores

9:15 Closing / Announcements

10:00 Lights out

Day 2

7:15 Morning dip***

7:30 Wake up bell

8:00 Hoppers

8:15 Breakfast ORT / MTG

9:30–4:15 A & B: Discovery hike with packed lunch (return between 4:15-4:30)

9:30–12:00 C: Outdoor Escape Room

D: Ropes

12:15 Hoppers

12:30 Lunch (C, D) ORT/MTG

Rest of Day 2 and Day 3:

Groups rotate through activities. Evening programs: vary depending on choices made.

Day 4

7:15 Morning Dip

7:30 Wake up bell (start packing pre breakfast)

7:45 Hoppers

8:00 Breakfast ORT / MTG

9:00 Pack up, sweep cabin / porch and shower houses.

bring luggage down to pavilion

9:45 All to pavilion for writing letter to self

10:15 Load vans and drive to Sycamore Flats (Pisgah Nat'l Forest)

11:00 Group games at Sycamore Flats

12:00 Picnic lunch – change for Sliding Rock

12:45 Depart for Sliding Rock

2:10 Depart to return camp

3:10 Back to camp / closing / load buses and depart

3:30 Group departs

Schedule notes:

A packing list is created by Inside Out for each program with specialty gear items added as necessary.

* **Team Boards** are craft foam boards with space for answering pre-determined questions about each activity **PERIOD(.)**

THESE BOARDS ARE FILLED OUT AT THE END OF EACH ACTIVITY.

that are filled out at the end of each activity. The team boards go back to school with the group at the end of the program. They serve as a tool to help students carry the lessons they have learned during their Inside Out program, forward into the rest of the school year and beyond.

** **Structured free time** includes:

- Rope Swing and Jump Boards -- Swim test is required and lifeguards are present
- Canoes and Paddle Boats -- PFD Required and IO staff supervise
- Pavilion and Field - Teachers/Chaperones present

*** **Morning Dip** - A favorite IO tradition! Students jump into the lake at dawn to try to exceed the number of participants from prior years.