

**Sample Schedule**  
**5 Day Wilderness Field Course**  
**Monongahela National Forest**

**Day 1: Introductory Day**

Hike to campsite. Introduction to land navigation  
Skill building session: camp craft  
Team-building initiatives near camp. Solo journaling time  
Evening: Campfire games and tone-setting discussion

**Day 2: Valley Day: Stewardship Focus**

Stream analysis of Potomac River head water streams  
Forest history and record tree measurements discussion  
Exploration of beaver dams & stewardship project  
Evening: Stargazing and constellation stories

**Day 3: Caving Day: Overcoming Fears & Pushing Comfort Levels**

Cave and bat ecology, karst topography  
Cave Exploration  
Solo time, journaling  
Skill building session: survival (one match fires/debris huts)  
Evening: Sensory awareness activities

**Day 4: Mountain Day: Putting it into Perspective**

Orienteer using map and compass to Spruce Knob Summit  
Mountain geology and forest ecology  
Evening: Reflective campfire games and activities

**Day 5: End of Expedition**

Hike out to the main campus  
Clean and de-issue borrowed gear  
Showers, brunch, and program evaluations  
Group departure between 10-12