



Sample Itinerary

Wilderness Running Camp

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12pm arrival	Easy Exploratory Run in SCBC	Compass/ Navigation	Long Run Day	Stretching & Self-Care Day	Solo Run	5K Color Run
Opening circle & gear up					Run to SK Summit w/o packs – Optional Run back to yurts	Breakfast at the yurts
Shuttle to Spruce Knob Mountain Center	Exploration of the falls	Tree/Forest ID	Big, Self-supported run exploring the meadows & history of SCBC	Stewardship Project		Clean & de-issue borrowed gear
Intro to Land Navigation	Run back to camp	Loop Run in SCBC		Scavenger Hunt	Showers	11:30 am departure
Backpack to campsite		Survival Skills	Stargazing	Sunset on the summit	Dinner & campfire at the yurts	
Primitive campsite	Primitive Campsite	Primitive campsite	Primitive campsite	Primitive campsite	Dorms	

*Daily schedule and activities subject to change