

# PHYSICAL FITNESS

## TROOP OUTDOOR PROGRAM PLAN

Date \_\_\_\_\_

Time	Activity	Run by
Friday evening	Load gear at meeting location and leave for camping area. Plan only a light meal enroute to the site. Upon arrival at campsite, unload equipment and set up patrol sites. Gather firewood for breakfast.	SPL
Saturday 6:30 a.m.	Cooks and assistants up. Prepare breakfast. (Cooks should be working on First and Second Class ranks.)	Cooks, assistants
7 a.m.	Everyone else up. Take care of personal hygiene, air tents, hang out sleeping bags.	
7:30 a.m.	Breakfast	
8 a.m.	Clean up.	Cooks
	Patrols put up the gear for morning activities, clean up patrol site.	
8:30–10:30 a.m.	Run five or six of the decathlon events	SPL
11:30 a.m.	Cooks prepare lunch	Cooks
Noon	Lunch	
12:30 p.m.	Clean up—free time	Cooks
1 p.m.	Run remaining decathlon events	SPL
4:30 p.m.	Start supper preparation.	Cooks
5:30 p.m.	Meal	SPL
6 p.m.	Clean up—free time	Cooks
8 p.m.	Troop campfire	
9 p.m.	Cracker barrel	
10 p.m.	Lights out	
Sunday 6:30 a.m.	Cooks and assistants up. Prepare breakfast. (Cooks should be working on First and Second Class ranks.)	Cooks
7 a.m.	Everyone else up. Take care of personal hygiene, air tents, hang out sleeping bags.	
7:30 a.m.	Breakfast	
8 a.m.	Clean up.	Cooks
	Patrols put up the gear for morning activities, clean up patrol site.	
8:30 a.m.	Church service	
9 a.m.	Patrol games—"Program Specialties" section of this book.	
11 a.m.	Break camp.	
Special equip- ment needed	Topographic maps, compass, clipboards	