

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8.30 – 9.30	Morning extended care				
9.30 – 12.30	<p>Welcome to Base Camp</p> <ul style="list-style-type: none"> <li>• Humans at altitude</li> <li>• Fitness test</li> <li>• Navigation test</li> </ul> <p>Setting up Camp</p> <ul style="list-style-type: none"> <li>• Put up tents</li> <li>• Using Trangia Lamps</li> <li>• Making a cup of Po Cha (Tibetan butter tea)</li> </ul>	<p>Welcome back to Base Camp</p> <ul style="list-style-type: none"> <li>• Fitness training game</li> <li>• Mental training game</li> <li>• Weather awareness</li> </ul> <p>Importance of a good torch</p> <ul style="list-style-type: none"> <li>• Making LED torches</li> <li>• Transmitting messages</li> </ul>	<p>Welcome back to Base Camp</p> <ul style="list-style-type: none"> <li>• Fitness training</li> <li>• Mental training</li> <li>• GPS orienteering</li> </ul> <p>Transportation on Everest</p> <ul style="list-style-type: none"> <li>• Robots climbing Everest</li> <li>• Building an automated transport robot</li> </ul>	<p>Welcome back to Base Camp</p> <ul style="list-style-type: none"> <li>• Fitness Training</li> <li>• Mental training</li> <li>• Trust challenge</li> </ul> <p>The biggest risk on Everest</p> <ul style="list-style-type: none"> <li>• The science of avalanches</li> </ul>	<p>Welcome back to Base Camp</p> <ul style="list-style-type: none"> <li>• Fitness test</li> <li>• Mental test</li> <li>• Navigation test</li> </ul> <p>Make your own Trangia Lamp</p> <ul style="list-style-type: none"> <li>• Making a simple alcohol stove from drinks cans</li> </ul>
12.30 – 13.30	Lunch break				
13.30 – 16.30	<p>Emergencies: communicating when there's no power</p> <ul style="list-style-type: none"> <li>• Build a telegraph machine</li> <li>• Learn to use morse code</li> </ul> <p>Teamwork &amp; Trust</p> <ul style="list-style-type: none"> <li>• Everest Navigation Challenge</li> <li>• The Rope Knots</li> </ul>	<p>Expedition Food Masterclass</p> <ul style="list-style-type: none"> <li>• Most important foods</li> <li>• One hour to cook a meal</li> </ul> <p>Mountain Flares</p> <ul style="list-style-type: none"> <li>• Bottle Rocket Emergency Flare System</li> </ul>	<p>Before a climb: Everest Traditions</p> <ul style="list-style-type: none"> <li>• The Puja Ceremony</li> <li>• Making a Prayer Flag</li> <li>• Making a Mani Stone</li> </ul> <p>Transportation:</p> <ul style="list-style-type: none"> <li>• Building a robotic transport robot (finish)</li> <li>• Rover Obstacle Course</li> </ul>	<p>All eyes on the summit</p> <ul style="list-style-type: none"> <li>• Making telescopes</li> <li>• 'First light' and increasing the range of our LED torches</li> </ul> <p>The Waiting Game</p> <ul style="list-style-type: none"> <li>• Playing Dumbal, the Nepalese card game</li> <li>• Basecamp hot chocolate on the Trangia</li> </ul>	<p>The Tibetan Thukpa Challenge:</p> <ul style="list-style-type: none"> <li>• Which team can create and cook Thukpa from scratch the quickest?</li> </ul> <p>Showcase preparation</p>
16.30 – 18.00	Afternoon extended care				

