

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8.30 – 9.30	Morning extended care				
9.30 – 12.30	Welcome to Base Camp <ul style="list-style-type: none"> • Humans at altitude • Fitness test • Navigation test Setting up Camp <ul style="list-style-type: none"> • Put up tents • Using Trangia Lamps • Making a cup of Po Cha (Tibetan butter tea) 	Welcome back to Base Camp <ul style="list-style-type: none"> • Fitness and mental training games • Building trust games Teamwork & Collaboration <ul style="list-style-type: none"> • Walkie Talkie Navigation Challenge 	Welcome back to Base Camp <ul style="list-style-type: none"> • Fitness training • The Rope Knots Conundrum • 3-legged compass walk Before a climb: Everest Traditions <ul style="list-style-type: none"> • The Puja Ceremony • Making Prayer Flags 	Welcome back to Base Camp <ul style="list-style-type: none"> • Fitness Training • Trust challenge The importance of a good torch <ul style="list-style-type: none"> • Making LED torches • Transmitting messages 	Welcome back to Base Camp <ul style="list-style-type: none"> • Fitness test • Mental test • Navigation test Emergency Navigation Challenge <ul style="list-style-type: none"> • Gather resources • Create challenges using the 'Navigation Code'
12.30 – 13.30	Lunch break				
13.30 – 16.00	Transportation <ul style="list-style-type: none"> • Mountain ropeway challenge • Ropeway squashed tomato challenge 	Emergencies: communicating when there's no power <ul style="list-style-type: none"> • Building telegraph machines • Learning Morse code • Testing machines 	Mountain Flares <ul style="list-style-type: none"> • Introduction to emergency flares • Making bottle rockets • Emergency Flare System testing 	Before a climb: Clean Water & Hydration <ul style="list-style-type: none"> • Making a portable life straw The Waiting Game <ul style="list-style-type: none"> • Playing Dumbal 	Showcase preparation and time to finish any makes from the week Showcase to parents
16.00– 18.00	Afternoon extended care				

