

Sample University

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Tue	Arrivals 10.30 - Introductions, admin, Kit		
	12:30 - Lunch		
	Grounds Exs Teams & Leadership	Grounds Exs Teams & Leadership	Grounds Exs Teams & Leadership
	Skills Inputs Navigation, Climb, Cave, Stores etc.		
	18:00 – Eve Meal		
Evening Exercise Goffuirt			
Wed	Team Task – Extraction	Team Task - Extraction	Team Task - Extraction
	12:30 - Lunch Big Ex <i>Eve meal – camp food!</i> <i>Action until 2330</i>		
Thu	Big Ex continues + <i>early start 0730</i> <i>(Supervise breakfast camp food + toast)</i> 13:00 - Lunch Review		
	Late meal and Social Evening 19:00 – Eve Meal		
Fri	Personal Feedback	High Ropes	High Ropes
	12:30 - Lunch		
	High Ropes Action plans	Personal Feedback Action Plans	Personal Feedback Action Plans