

MPC 1/2023

5 – Day Outline Program

DAY	MORNING SESSION 0630hrs – 1200hrs	AFTERNOON SESSION 1200hrs – 1800hrs	EVENING SESSION 1800hrs – 2200hrs
Day One		<ol style="list-style-type: none"> 1. Arrival (1200hrs) 2. Administration 3. Lunch 4. Ground Orientation 5. Group Photo 6. Ice Breaker Exercise 7. Team Dynamic Exercise 	<ol style="list-style-type: none"> 1. Dinner 2. Expectation & Tone Setting 3. Night Cap 4. Light's Off
Day Two	<ol style="list-style-type: none"> 1. Morning Parade 2. Morning Exercise 3. Breakfast 4. Knotting & Campcraft 5. Problem Solving 	<ol style="list-style-type: none"> 1. Lunch 2. Map and Compass 3. Orienteering 4. Debriefing 	<ol style="list-style-type: none"> 1. Dinner 2. School Song 3. Expedition Briefing
Day Three	<ol style="list-style-type: none"> 1. Morning Parade 2. Breakfast 3. Kayak Lesson 4. Kayak expedition briefing 	<ol style="list-style-type: none"> 1. Lunch 2. Kayak expedition to Teluk Sekadeh 3. Setup Camo 4. Prepare Dinner 	<ol style="list-style-type: none"> 1. Dinner 2. Debriefing 3. Overnight Camping
Day Four	<ol style="list-style-type: none"> 1. Prepare Breakfast 2. Breakfast 3. Abseiling 4. Prepare Lunch 	<ol style="list-style-type: none"> 5. Lunch 6. Break Camp 7. Kayak return to OBM 8. Restore Equipment 9. BBQ and Watch Performance Prep. 	<ol style="list-style-type: none"> 4. BBQ Dinner and Performances 5. Light's Off
Day Five	<ol style="list-style-type: none"> 1. Morning Parade 2. Breakfast 3. Final Discussion 4. Room Checkout 	<ol style="list-style-type: none"> 1. Lunch 2. Closing Ceremony 3. Program Ends (1300hrs) 	

**Schedule will be adjusted according to the time of arrival and departure. Adjustments will be made to suit weather and other safety/planning factors.*