

MPC 1/2023
5 – Day Outline Program

<u>DAY</u>	<u>MORNING SESSION</u> 0630hrs – 1200hrs	<u>AFTERNOON SESSION</u> 1200hrs – 1800hrs	<u>EVENING SESSION</u> 1800hrs – 2200hrs
Day One		1. Arrival (1200hrs) 2. Administration 3. Lunch 4. Ground Orientation 5. Group Photo 6. Ice Breaker Exercise 7. Team Dynamic Exercise	1. Dinner 2. Expectation & Tone Setting 3. Night Cap 4. Light's Off
Day Two	1. Morning Parade 2. Morning Exercise 3. Breakfast 4. Knotting & Campcraft 5. Problem Solving	1. Lunch 2. Map and Compass 3. Orienteering 4. Debriefing	1. Dinner 2. School Song 3. Expedition Briefing
Day Three	1. Morning Parade 2. Breakfast 3. Kayak Lesson 4. Kayak expedition briefing	1. Lunch 2. Kayak expedition to Teluk Sekadeh 3. Setup Camo 4. Prepare Dinner	1. Dinner 2. Debriefing 3. Overnight Camping
Day Four	1. Prepare Breakfast 2. Breakfast 3. Abseiling 4. Prepare Lunch	5. Lunch 6. Break Camp 7. Kayak return to OBM 8. Restore Equipment 9. BBQ and Watch Performance Prep.	4. BBQ Dinner and Performances 5. Light's Off
Day Five	1. Morning Parade 2. Breakfast 3. Final Discussion 4. Room Check out	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.*