DAY ONE (Friday, August 19th)
- ALL DAY: Move into your residence hall (home sweet home!)
- EVENING: Meet your student guides for the trip, staff or faculty learning partner, and all the other first year students attending the trip. We’ll also look over what you are packing and fit you for any gear you’re borrowing.

DAY TWO (Saturday, August 20th)
- MORNING: Wake up bright and early to hit the road to Virginia Beach.
- AFTERNOON: Arrive at First Landing Campground in Virginia Beach State Park around lunch time and get some summertime sun in at the beach. Lunch is on the beach!
- EVENING: Head back to the campground, set up camp, eat dinner, continue small group sessions, and enjoy a campfire.

DAY THREE (Sunday, August 21st)
- MORNING: Wake up bright and early for a kayak tour and maybe catch a glimpse of some dolphins!
- AFTERNOON: Explore the trails and ocean with lunch on the beach.
- EVENING: Dinner, campfire, small groups, and of course S’MORES!

DAY FOUR (Monday, August 22nd)
- MORNING: Rise and shine to ride the waves with SURF LESSONS! Learn a new skill or show off your tricks!
- AFTERNOON: Grab lunch and get ready to go on a hike and for some more swimming at the Back Bay National Wildlife Refuge.
- EVENING: Wind down with dinner, stories, small group, and songs around the campfire!

DAY FIVE (Tuesday, August 23rd)
- MORNING: Wake up bright and early to catch the sunrise (if you want), enjoy our last breakfast together, and pack up the site and head back to campus.
- AFTERNOON: Arrive back to campus and return any borrowed gear.

This is a sample itinerary. Small changes may occur with program updates. Participants will receive an updated itinerary closer to departure dates.