## Sample Overnight Schedule M, T, W, & TH

7am	Rise & Shine!			Wake up, brush teeth, & get ready for the day!
7:30		Morning	Oli	We gather at the start of each day to perform a traditional Hawaiian Oli, sing a camp song, talk about our 6 Hawaiian values, and get everyone excited for the day ahead.
8:00	) Breakfast			
9:05	Camper Weekly or Daily Choice Activity #1		Speciality Camps	Choice Activity – includes a variety of activities that campers can progress in throughout the week or choose on a daily basis. Campers who registered for our various specialty camps will not sign up for morning programs. Cabin Cup – This block typically includes group games, scavenger hunts, and friendly competition
10:10	Camper Weekly or Daily Choice Activity #2			
11:15	Cabin Cup	Warrior in a Garden		Warrior in a Garden – Structured mindfulness and mental-health activities that give campers confidence and a sense of peace
12pm	Lunch			
12:45	Rest Hour			Campers rest and hangout in their respective cabins during this time.
1:50	'Ohana Time Rotation #1			Campers rotate through a variety of activities, including our Ropes Course, Archery Range, Swimming Pool, Arts & Crafts, Nature, Sports, our Camp Store, and more.
2:45	'Ohana Time Rotation #2			
3:40	'Ohana Time Rotation #3			
4:35	Battle Challenge			This classic Camp Erdman competition encourages all campers on 4 different teams to learn teamwork, show sportsmanship, and participate through a series of head-to-head competition against the other three teams.
5:30	Dinner			
6:00	Cabin Time			Campers unwind and get ready for Evening Activity.
6:30	Evening Le'ale'a			All camp games, campfire, campout nights, camp dance, and a talent show are just a few of the evening programs throughout the week!
8:15	<b>Reflection &amp; Showers</b>			Campers wind down by cleaning up and tuning in to a counselor–led, focused discussion, based on our 6 Hawaiian Values .