



FROST VALLEY YMCA Adventures

Habitat for Humanity Itinerary

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| SUNDAY | Participants arrive at Frost Valley at 2:00 pm. We will spend the rest of the day getting to know each other and checking gear. |
| MONDAY | We will spend this day checking gear, packing food, team building, and any other trip prep needed. |
| TUESDAY | Wake up in the morning and drive to the Habitat for Humanity Restore to start working! |
| WEDNESDAY | Work Day! |
| THURSDAY | Work Day! |
| FRIDAY | Work Day! |
| SATURDAY | Your group will decide what to do today! We can explore different parts of the Catskills. |
| SUNDAY | We'll have a full day of rock climbing with Mountain Skills Guides at the Gunks! |
| MONDAY | Work Day! |
| TUESDAY | Work Day! |
| WEDNESDAY | Today we'll head back to Frost Valley to clean up gear and celebrate our trip as a group. |
| THURSDAY | Today we continue to pack up gear. We will also debrief and reflect on the great moments and share them with all the other trips and Adventure Village. |
| FRIDAY | In the morning, we'll finish cleaning gear and reminiscing about our adventure, and then it's time to head home. Parent pick up time is 11:00 a.m. |

*****THIS ITINERARY IS SUBJECT TO CHANGE*****

*Work days typically run from 9:00 a.m. to 4:00 p.m. with an hour break for lunch. The work includes working with the Restore on projects that will allow them to be as profitable as possible. Projects could include: rebuilding and organizing merchandise, pricing new items, working with guests in the store, etc.

If you have any questions about the trip, please feel free to call the Frost Valley Adventures office at (845) 985-2291 ext 265.

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