

IRONBARK 5 WEEK PROGRAM - 2025

WEEK	DAY	ACTIVITY	
1	Mon	Staff Preparation Day	
	Tues	Arrival, unpack, community lunch, orientation	
	Wed	Dorm Group Initiatives & Low Ropes / Orientation	
	Thurs	Food Prep / Work / Horsemanship / Jacobs Ladder / Navigation 1	
	Fri	Food Prep / Work / Horsemanship / Jacobs Ladder / Navigation 1	
	Sat	Timed Run / First Aid Training	
2	Sun	Rest Day / Chapel	
	Mon	Horses / Food Prep / Tree Climb or Rock Climb	Cronins – Bush Skills / Work/ Cook
	Tue	Horses / Food Prep / Tree Climb or Rock Climb	Blacksmith / Leather work / Cook / Work
	Wed	Cronins Changeover Day	
	Thurs	Cronins – Blacksmith / Leather work / Work/ Cook	Horses / Food Prep / Tree Climb or Rock Climb
	Fri	Bush Skills / Cook / Work	Horses / Food Prep / Tree Climb or Rock Climb
	Sat	Rogaine	
3	Sun	Rest Day / Chapel	
	Mon	Navigation & Hike Prep	Survival
	Tues	Hike	Survival
	Wed	Hike	Survival (Return to Base)
	Thurs	Hike	Horses / Food Prep / Work
	Fri	Hike	Horses / Food Prep / Work
	Sat	Rest Day	
4	Sun	Timed Run / Chapel / Mini Solo	
	Mon	Survival	Navigation & Hike Prep
	Tues	Survival	Hike
	Wed	Survival (Return to Base)	Hike
	Thurs	Horses / Food Prep / Work	Hike
	Fri	Horses / Food Prep / Work	Hike
	Sat	Rest Day	
5	Sun	Timed Run / REVAMP practice / Chapel	
	Mon	Girls Food Prep/ Work/ / Flying Fox	Boys Solo Departure
	Tues	Girls Focus Day	Boys Solo Interviews & return / Solo Debrief
	Wed	Girls Solo Departure	Boys Focus day
	Thurs	Girls Solo Interviews & return / Solo Debrief	Boys Food Prep/ Work/ Flying Fox
	Fri	Ironbark Event / Dorm Debriefs / Spit Night	
	Sat	Clean up / Graduation / Departure	

IRONBARK DAILY ROUTINE

Monday - Friday

6:00	Morning Run
6:30	Breakfast
7:15	Morning Jobs
8:45	Morning Clinic
9:00	Dorm Inspection
9:30	Dorm Time & Staff Meeting
10:00	Morning Activity
12:00	Lunch
1:00	Afternoon Activity
3:00	Afternoon Tea
3:30	Afternoon Jobs
5:00	Return to dorms / showers
6:30	Dinner & clean up
	Evening Clinic
	Evening Devotion
9:00	Lights Out