

# Overnight Schedule and Activity Description

Please note, the schedule is subject to changes due to varying factors such a group arrival time and weather.

5:00 PM/1700 Hours – Group will assemble on Pier III in front of the submarine and meet a member of *Torsk's* Crew.

5:15 PM/1715 Hours – Orientation and Safety Briefing

5:30 PM/1730 Hours – Lightship *Chesapeake* Tour

6:00 PM/1800 Hours – Hands-on Activity, *Signaling!*

Overnight participants learn how ships communicated during times of war including flaghoist, semaphore, and Morse code using flags and lamp-boards.

6:30 PM/1830 Hours – Dinner

7:30 PM/1930 Hours – *Lightship Chesapeake Scavenger Hunt!*

An old fashioned scavenger hunt that begins on the lightship and culminates the learning experience as new recruits use their newfound knowledge to discover shipboard locations in a race against time.

8:00 PM/2000 Hours – *Torsk* Tour

8:45 PM/2045 Hours – *Torsk Scavenger Hunt!*  
Part II of the scavenger hunt aboard *Torsk*.

9:15 PM/2115 Hours – Preparation for Lights Out

10:00 PM/2200 Hours -- Lights Out! Begin Night Watch

6:00 AM/0600 Hours – Reveille!

7:00 AM/0700 Hours – Breakfast



8:00 AM/0800 Hours – Hands-on Activity, *Buoyancy Challenge!*

A lot needs to be considered when designing a sailing boat. Participants learn about the main considerations as they design and build their own boats that float. Using aluminum foil and newspaper participants create boats that float, and they compete to see whose boat can carry the most cargo.

8:30 AM/0830 Hours – Hands-on Activity, *Surface! Surface!*

Overnight participants apply what they learned from the *Buoyancy Challenge* to work in small groups and create submarines that dive and resurface using soda bottles, rubber bands, and other household materials. Overnight participants also use a submarine model and work the ballast tanks to learn how to dive and surface.

9:00 AM/0900 Hours – Departure



# Overnight Check List

## **Items the main contact for the overnight group must bring:**

1. Prepared and signed Overnight Program Parental Release Forms
2. Prepared and signed Overnight Program Adult Waiver Forms
3. Balance due for the Overnight Adventure

## **Items the overnight participants are suggested to bring:**

### All – Weather Gear:

1. Sleeping Bag and Pillow
2. Flashlight
3. Toilet Articles (toothbrush, toothpaste, etc.)
4. Sleeping Apparel
5. Camera
6. Reusable Bottle of Water (for drinking and facilities use)

### Cold – Weather Gear (bring two more layers than you think you need):

1. Coat
2. Hat
3. Gloves
4. Layered Clothing: sweaters, sweatshirts, t-shirts, etc.
5. Woolen Socks

### Warm – Weather Gear:

1. Wind-breaker
2. Sunscreen
3. Closed-toe Shoes (no sandals please)
4. Raincoat/poncho
5. Hat

## **Items not to bring:**

1. Cell Phones (Only adults are permitted to have cell phones, but please turn off the ringer once aboard ship).
2. Game Consoles
3. I-pods or MP3 Players

In planning what to bring and what not to bring, common sense should maintain the upper hand. Please keep in mind that ship stowage space is severely limited and that each participant will carry whatever is brought on board the ship.

Just a Reminder – The adult to youth ratio must be 1:5 for all age ranges.



# Overnight Menu

## Dinner

### Submarine Sandwiches and Chips

Sub rolls with your choice of ham or oven roasted turkey lunch meat with condiments and your choice of individually bagged chips.

### Chasers

Ice cream sandwiches (Warm Weather)  
Chocolate Chip Cookies and Hot Chocolate (Cold Weather)

### Lemonade/Water

## Breakfast

### Scrambled Eggs and Bacon

### Cereal

Type is dependent on availability.

### Milk

### Orange Juice

### Coffee

(Adults only.)

**Please, notify us in advance if members of your group have dietary restrictions.**



# Menu Ingredient List

Item	Ingredients
Sub Rolls	Unbleached enriched wheat flour (unbleached wheat flour, barley malt, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, yeast, contains 2% or less of the following: corn meal, salt, partially hydrogenated soybean oil, high fructose corn syrup, corn flour, yeast nutrients (calcium sulfate, monocalcium phosphate), dough conditioners (mono and diglycerides, calcium peroxide, potassium bromated), calcium propionate (A Preservative), wheat fiber, sesame seeds
Ham	
Turkey	
Lettuce	
Tomato Slices	
Utz Potato Chips	Potatoes, Cottonseed Oil, Salt
Lemonade	Sugar, dextrose, citric acid, calcium phosphate, sodium citrate, maltodextrin, natural flavor, cellulose gum, gum Arabic, ascorbic acid (vitamin C), titanium dioxide, yellow 5 lake, yellow 5
Vanilla Ice Cream Sandwich	Ice Cream: Milk Fat and Nonfat Milk, Corn Syrup, Buttermilk, Whey, Sugar, Maltodextrin, High Fructose Corn Syrup, Contains less than ½% of Propylene Glycol Monoesters, Mono & Diglycerides, Guar Gum, Carob Bean Gum, Cellulose Gel, Cellulose Gum, Carrageenan, Natural Flavor, Annatto (for Color), Vitamin A Palmitate. Wafers: Wheat Flour, Sugar, Cocoa, Soybean and Palm Oil, Dextrose, Caramel Color, Corn Syrup, Baking Soda, High Fructose Corn Syrup, Yellow Corn Flour, Food Starch, Modified, Salt, Soy Lecithin, Chocolate Flavor.
Hot Chocolate Mix	Sugar, Whey, Corn Syrup Solids, Cocoa (Processed With Alkali), Marshmallows (Sugar, Corn Syrup, Modified Corn Starch, Gelation, Artificial Flavor), Partially Hydrogenated Soybean Oil, Nonfat Milk, Sodium Caseinate, Whey Protein Concentrate, Salt, Dipotassium Phosphate, Emulsifier Mono- And Diglycerides, Artificial Flavor.
Chocolate Chip Cookies	Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), semisweet chocolate (sugar, chocolate, cocoa butter, dextrose, soy lecithin, artificial flavor, nonfat milk), vegetable oil (soybean and palm oil with TBHQ for freshness), sugar, high fructose corn syrup, contains two percent or less of salt, leavening (baking soda, monocalcium phosphate), artificial flavor.
Scrambled Eggs (Prepared from pre-made egg batter)	Whole eggs, whey, skim milk, xanthan gum, citric acid, .12% water added as carrier for citric acid (citric acid added to preserve color)
Bacon	
Cheerios	Whole grain oats, modified corn starch, sugar, oat bran, salt, calcium carbonate, oat fiber, tripotassium phosphate, corn starch, wheat starch, vitamin E added for freshness, iron and zinc (mineral nutrients), vitamin C (sodium ascorbate), A B vitamin (niacinamide, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin mononitrate), vitamin A (palmitate), A B vitamin (folic acid), vitamin B12, vitamin D
Cinnamon Toast Crunch	Whole grain wheat, sugar, rice flour, canola and/or rice bran oil, fructose, maltodextrin, dextrose, salt, calcium carbonate, cinnamon, soy lecithin, trisodium phosphate, zinc and iron (mineral nutrients), vitamin C (sodium ascorbate), color added, A B vitamin (niacinamide), vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin mononitrate), vitamin A (palmitate), A B vitamin (folic acid), vitamin B12, vitamin D, BHT added for freshness
Cocoa Puffs	Corn (whole grain corn, meal), sugar, corn syrup, modified corn starch, cocoa processed





	with alkali, canola and/or rice bran oil, caramel and beet juice concentrate color, salt, fructose, calcium carbonate, corn starch, tricalcium phosphate, natural and artificial flavor, trisodium phosphate, zinc and iron (mineral nutrients), vitamin C (sodium ascorbate), A B vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin mononitrate), vitamin A (palmitate), A B vitamin (folic acid), vitamin B12, vitamin D1 Wheat Flour, vitamin E added for freshness
Honey Nut Cheerios	Whole grain oats, sugar, oat bran, modified corn starch, honey, brown sugar syrup, salt, calcium carbonate, tripotassium phosphate, canola and/or rice bran oil, zinc and iron (mineral nutrients), vitamin C (sodium ascorbate), A B vitamin (niacinamide), natural almond flavor, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin mononitrate), vitamin A (palmitate), A B vitamin (folic acid), vitamin B12, vitamin D, wheat flour, vitamin E (mixed tocopherols) added for freshness
Lucky Charms	Oats (whole grain oats, flour), marshmallows (sugar, modified corn starch, corn syrup, dextrose, gelatin, calcium carbonate, yellows 5 and 6, blue 1, red 40, artificial flavor), sugar, corn syrup, corn starch, salt, calcium carbonate, artificial color, trisodium phosphate, zinc and iron (mineral nutrients), vitamin C (sodium ascorbate), A B vitamin (niacinamide), artificial flavor, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin mononitrate), vitamin A (palmitate), A B vitamin (folic acid), vitamin B12, vitamin D, vitamin E added for freshness
Total Raisin Bran	Shole grain wheat, raisins, sugar, calcium carbonate, corn bran, corn syrup, brown sugar syrup, salt, lactose, zinc and iron (mineral nutrients), vitamin E (tocopheryl acetate), trisodium phosphate, A B vitamin (niacinamide), vitamin C (sodium ascorbate), A B vitamin (calcium pantothenate), vitamin B6 (pyridoxine dydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin mononitrate), annatto extract color, A B vitamin (folic acid), vitamin A (palmitate), vitamin B12, vitamin D
2% Milk	Milk, vitamin D

