

NORTH CAROLINA EXPEDITION SCHEDULE

Note: This schedule is subject to change.

DAY PRIOR TO COURSE START: PHONE INBRIEFS, 12pm-5pm, EST

Day 1:

1:00pm - Students Arrive!!!
Small group games.
5:00pm - Course Overview with Expectations & Goals
Itinerary Review
6:00pm - Dinner
7:00pm - Group Guidelines; Flag
8:00pm - Campfire welcome ceremony
9:00pm - Personal hygiene
9:30pm - Lights out

Day 2:

7:00am - Wake-up
8:00am - Breakfast & Personal Hygiene
9:00am - Group 1 - High Ropes Course
Group 2 - Plan for backpacking
12:00pm - Lunch
1:00pm - Group 1 - Plan for backpacking
Group 2 - High Ropes Course
6:00pm - Dinner
7:00pm - Evening meeting and activities; Prep for backpacking
9:00pm - Personal Hygiene
9:30pm - Lights out

Day 3:

7:00am - Wake up & pack
8:00am - Breakfast
9:00am - Complete packing and prep for backpacking
11:00am - Depart for campsite in Pisgah National Forest
12:30pm - Arrive at campsite / Lunch
1:00pm - Map & compass & trail technique lesson
5:00pm - Campsite set up & dinner prep
6:00pm - Dinner
7:00pm - Evening Meeting & Activities
9:00pm - Personal Hygiene
9:30pm - Lights out

Day 4:

7:00am - Wake up & pack
8:00am - Breakfast
9:00am - Pack gear and food for trip
10:00am - Depart for Trailhead for Backpacking phase of course

Day 5: Backpacking

Day 6: Backpacking

NORTH CAROLINA EXPEDITION SCHEDULE CONTINUED

Day 7:

11:00am Arrive at Trailhead
Debrief backpacking activity
12:00pm Depart for Laundry & Showers / Lunch @ laundry mat
4:00pm Arrive at campground in Pisgah National Forest & set up camp
6:00pm Dinner
7:30pm Group games; Evening meeting
9:00pm Personal Hygiene
9:30pm Lights out

Day 8:

7:00am - Wake Up & Pack Day Packs
8:00am - Breakfast
8:30am - Groups depart for early morning activity choice
9:00am - Group 1 – Waterfalls @ Dupont State Forest
Group 2 – Mountain Biking @ Dupont State Forest
12:00pm - Lunch on site
1:00pm - Group 1 – Mountain Biking @ Dupont State Forest
Group 2 – Waterfalls @ Dupont State Forest
5:00pm - Arrive at campground
6:00pm - Dinner
7:30pm - Group Games; Evening Meetings
9:00pm - Personal Hygiene
9:30pm - Lights out

Day 9:

7:00am - Wake Up and Pack Day Packs
8:00am - Breakfast
8:30am - Group 1 – Day Activity
Group 2 – Rock climbing @ Stage Ledge or Pilot Rock
12:00pm - Lunch on site
1:30pm - Group 1 – Rock Climbing @ Stage Ledge or Pilot Rock
Group 2 – Day Activity
5:00pm - Arrive at campground
6:00pm - Dinner
7:00pm - Scavenger Hunt with orienteering
9:30pm - Lights out

Day 10:

7:00am - Wake Up & Break Camp
9:00am - Depart for Worley's Cave
11:30am - Lunch
1:00pm - Arrive at cave & begin caving
5:00pm - Set camp & prep for dinner
6:30pm - Dinner at cave campground
7:30pm - Visit Dino Park
9:30pm - Lights out

Day 11:

7:00am - Wake up, Break Camp, Breakfast
9:00am - Depart for Laundry in Waynesville
Lunch en route

NORTH CAROLINA EXPEDITION SCHEDULE CONTINUED

Day 11 Continued:

6:00pm - Dinner at Waynesville Rec. Park
8:00pm - Showers at base
9:00pm - Personal Hygiene
9:30pm - Lights Out

Day 12:

7:30am - Wake up & pack for river
8:00am - Breakfast
9:00am - Depart for river outfitters
10:00am - Arrive at river outfitter; River Briefing and Raft the Nantahala
12:00pm - Lunch at Farabee
3:30pm - End & Debrief Rafting activity
5:30pm - Arrive at base
6:00pm - Dinner
7:30pm - Prep for Gee Creek & clean cabin
9:00pm - Personal hygiene
9:30pm - Lights out

Day 13:

7:00am - Wake up & load vans
8:00am - Breakfast
9:00am - Depart for river outfitter
10:00am - Arrive; River Briefing and Funyak the Tuckasegee River
2:00pm - End Funyak activity & debrief
3:00pm - Depart from river outfitter
5:30pm - Arrive at Gee Creek and set camp
6:00pm - Dinner
7:30pm - Evening Activities
9:00pm - Personal hygiene
9:30pm - Lights out

Day 14:

7:00am - Wake up & prep for day activities
8:00am - Breakfast
9:00am - Group 1 – Swimming @ Parksville Lake
Group 2 – Rappel / Rock climbing @ Star Mountain
12:30pm - Lunch
1:30 pm - Group 1 – Rappel / Rock climbing @ Star Mountain
Group 2 – Swimming @ Parksville Lake
5:00pm - End & Debrief afternoon activities; Return to campground
6:00pm - Dinner
7:00pm - Campfire; showers; evening meeting
9:00pm - Personal hygiene
9:30pm - Lights out

NORTH CAROLINA EXPEDITION SCHEDULE CONTINUED

Day 15, Tuesday:

7:00am - Wake & pack day packs
7:30am - Depart for river outfitters
8:30am - Arrive at river outfitters and eat breakfast
9:30am - Raft the Ocoee River
12:30pm - End rafting; Lunch
Debrief rafting activity
1:30pm - Swimming @ Blue Hole
Return to campground
6:00pm - Dinner and campfire
7:30pm - Field Games and Evaluations
9:00pm - Personal hygiene
9:30pm - Lights out

Day 16:

7:00am - Wake up
8:00am - Breakfast & break camp
11:00am - Leave campground for base
1:00pm - Arrive at base / Unload van
3:00pm - Slide Show
5:00pm - Celebration Dinner
7:00pm - End of Course Celebration!
9:00pm - Personal Hygiene
9:30pm - Lights out

Day 17:

7:00am - Wake up; Cabins cleaned, gear packed and brought to parking area at base
8:00am - Breakfast
9:00am - Parents start to arrive.
12:00pm - Lunch for those still present.