

## NC Canoeing Schedule

Note: This schedule is subject to change.

### Day 1:

9:00am: Arrivals Begin  
Begin First 48 Hour Sequence  
12:00pm: Lunch  
Games / Initiatives  
6:00pm: Dinner  
7:00-9:00pm: Continue First 48 Hour Sequence  
9:00pm: Personal Hygiene  
9:30pm: Lights Out

### Day 2:

7:00am: Wake, pack, breakfast  
9:00am: Low Ropes Course  
12:00pm: Lunch  
1:00pm: High Ropes & Climbing Wall  
6:00pm: Dinner  
7:00pm: Evening Activities, including evening meeting  
9:00pm: Personal hygiene  
9:30pm: Lights Out

### Day 3:

7:00am: Wake, pack, breakfast  
9:00am: Start Canoe Expedition & How To's  
12:00pm: Lunch  
1:00pm: Continue canoeing  
6:00pm: Dinner  
7:00pm: Evening Activities, including evening meeting  
9:00pm: Personal hygiene  
9:30pm: Lights Out

### Day 4:

7:00am: Wake, pack, breakfast  
9:00am: Continue canoeing  
12:00pm: Lunch  
1:00pm: Continue canoeing  
6:00pm: Dinner  
7:00pm: Evening Activities, including evening meeting

9:00pm: Personal hygiene  
9:30pm: Lights Out

### Day 5:

7:00am: Wake & break camp; breakfast  
9:00am: Continue canoeing  
12:00pm: Lunch  
1:00pm: Continue canoeing  
6:00pm: Dinner  
7:00pm: Evening Activities, including evening meeting  
9:00pm: Personal hygiene  
9:30pm: Lights Out

### Day 6:

7:00am: Wake & break camp; breakfast  
9:00am: Finish canoe expedition / showers!  
12:00pm: Lunch @ Base  
1:00pm: Laundry / Arrive at Campground  
6:00pm: Dinner  
7:00pm: Evening Activities, including evening meeting  
9:00pm: Personal hygiene  
9:30pm: Lights Out

### Day 7:

7:00am: Wake & pack daypacks; breakfast  
9:30am: Throwing Tools & Electives Day Begins  
11:30am: Lunch  
12:00pm: Continue Elective Activities  
5:00pm: Campground  
6:00pm: Dinner  
7:00pm: Evening Activities, including evening meeting  
9:00pm: Personal hygiene  
9:30pm: Lights Out

### Day 8:

7:00am: Wake & break camp; breakfast  
9:00am: Rock climbing / day activities  
12:00pm: Lunch  
1:00pm: Continue rock climbing / day activities

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4:00pm: Set camp  
6:00pm: Dinner  
7:00pm: Evening Activities, including evening meeting  
9:00pm: Personal hygiene  
9:30pm: Lights Out

### **Day 9:**

7:00am: Wake, pack daypack, breakfast  
9:00am: Rafting!  
6:00pm: Dinner  
9:00pm: Personal hygiene  
9:30pm: Lights Out

### **Day 10:**

7:00am: Wake, break camp, breakfast  
9:00am: Depart for Balsam / Showers  
1:00pm: Hotseats  
End of Course Activities  
Last 48 Hour Sequence  
6:00pm: Celebration Dinner  
7:00-9:00pm: Continue Last 48 Hour Sequence  
9:00pm: Personal hygiene  
9:30pm: Lights Out

### **Day 11:**

7:00am: Wake, pack, breakfast  
9:00am: Departures Begin