

## NC POSTGRADUATE ADVENTURE SCHEDULE

**Note: This schedule is subject to change.**

### **DAY 1:**

1:00pm: Arrivals / Inbriefs Begin  
Begin First 48 Hour Sequence

6:00pm: Dinner

7:00-9:00pm: Review course schedule; Pack for Pisgah

9:00pm: Personal Hygiene

9:30pm: Lights Out

### **DAY 2:**

7:00am: Wake & pack

8:00am: Breakfast

9:00am: High Ropes Course; Discuss Transition Plans  
Meal Plan 1 – 2 Breakfast, 3 Lunch, 2 Dinner

12:00pm: Lunch

1:00pm: Depart for Pisgah

4:00pm: Arrive at campsite; set camp

6:00pm: Dinner

7:00pm: Evening activities, including evening meeting.

9:00pm: Personal hygiene

9:30pm: Lights Out

### **DAY 3:**

7:00am: Wake & pack day packs

8:00am: Breakfast – Food Buy 1

9:00am: Depart for rock climbing at Cove Creek

12:00pm: Lunch – Food Buy 1

1:00pm: Depart for John's Rock in Pisgah

6:00pm: Dinner – Food Buy 1

7:00pm: Evening Activities, including evening meeting

9:00pm: Personal hygiene

9:30pm: Lights Out / Staff Evening Meeting

### **DAY 4:**

7:00am: Wake & break camp; breakfast – Food Buy 1

9:00am: Depart for Trail clean up project

12:00pm: Lunch - Food Buy 1

1:00pm: Depart for Base

2:00pm: Showers

3:00pm: Expedition Planning – menu, activities, etc.  
Meal Plan 2 – 7 Breakfast, 7 Lunch, 6 Dinner

6:00pm: Dinner

7:00pm: Evening Activity, Evening meeting

9:00pm: Personal hygiene

9:30pm: Lights Out

### **DAY 5:**

7:00am: Wake & break camp

8:00am: Breakfast

9:00am: Depart for Charleston

6:00pm: Dinner out

7:00pm: Evening Activities, including evening meeting

9:00pm: Personal hygiene

9:30pm: Lights Out

### **DAY 6 - 11:**

Charleston Expedition

All meals will be from Food Buy 2

Make sure to do laundry and showers on day prior to departure.

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### **DAY 12:**

7:00am: Wake & pack; Clean beach house; Breakfast – Food Buy 2  
10:00am: Depart for Balsam Base  
Picnic lunch en route – Food Buy 2  
Food buy en route – Food Buy 3  
4:00pm: Arrive at base  
6:00pm: Dinner  
7:00pm: Evening Activities, including evening meeting  
9:00pm: Personal hygiene  
9:30pm: Lights Out

### **DAY 13:**

7:00am: Wake & pack day packs  
8:00am: Breakfast  
9:00am: Depart for rafting on Nantahala River  
10:00am: Rafting Nantahala w/ Carolina Rafting  
12:00pm: Picnic lunch at river – Food Buy 3  
1:00pm: Continue rafting  
4:00pm: Finish rafting and depart for base  
6:00pm: Dinner  
7:00pm: Evening Activities, including evening meeting  
9:00pm: Personal hygiene  
9:30pm: Lights Out

### **DAY 14:**

7:00am: Wake, pack day packs  
8:00am: Breakfast  
9:00am: Depart for rafting on Ocoee River w/Rolling Thunder  
Picnic lunch en route – Food Buy 3  
2:30pm: Raft Ocoee River w/Rolling Thunder  
6:00pm: Dinner out  
7:00pm: Transition Plan work; evening meeting  
9:00pm: Personal hygiene  
9:30pm: Lights Out

### **DAY 15:**

7:00am: Wake, pack day packs  
8:00am: Breakfast  
9:00am: Depart for Navitat Canopy Tour – 11:00am & 11:20am  
Picnic lunch at Navitat – Food Buy 3  
12:00pm: Transition Plans Due!  
1:00pm: Exploration of Cherokee & afternoon activities set by team!  
7:00pm: Evening Activities, including evening meeting  
9:00pm: Personal hygiene  
9:30pm: Lights Out

### **DAY 16:**

7:00am: Wake, pack day packs  
8:00am: Breakfast  
9:00am: Depart for day hike  
Picnic lunch  
1:00pm: Explore downtown Asheville  
6:00pm: Celebration Dinner Out  
7:00: Last 48 Hour Sequence, including Hot seats  
9:00pm: Personal hygiene  
9:30pm: Lights Out

### **DAY 17:**

7:00am: Wake, pack, bring bags to front of Admin Bldg.  
8:00am: Breakfast  
9:00am: Debriefs and departures begin!