

## WELCOME TO NCOAE WILDERNESS FIRST AID! NORTH CAROLINA — TRAVEL CONSIDERATIONS

You should arrive after 10AM the day before the course to ensure that you know where the campus and classroom are located and to allow you enough time to be settled and well rested when you begin class. The information below will help you organize your travel arrangements to and from your course.

### ► LOGISTICAL INFORMATION:

NCOAE is located at 9809 River Road, Wilmington, NC, 28412. Students often attend our courses from all over the USA and internationally, and frequently arrive without a personal vehicle. Our campus is in close proximity to almost anything you may need. It's easy to walk, or share a ride and expenses with other classmates to grocery stores, clinical sites, and the beaches or rivers; all of which are within easy access of our campus in Wilmington.

#### **IF YOU ARE FLYING:**

**WHERE:** : The airport code for Wilmington is ILM. ILM is small town airport with only two runways, and you'll find that locating your luggage is a simple process. When you enter the lobby from your arrival gate, turn right. There are two luggage carousels and your bags will be out in a few minutes. Drag up a rocking chair and relax.

**WHEN:** Plan to arrive at ILM between 10AM and 2PM (local time in Wilmington), the day before your course begins, and plan to depart ILM no sooner than 6pm on the day your course ends. You can view the maps of ILM at:

<http://www.flyilm.com/traveler-info/ground-transportation/taxilimo-service/>

### ► IF DELAYED:

If it becomes evident that you will not arrive in Wilmington in time for your class, contact NCOAE at (910) 399-8090 immediately – before class begins.

**HOW:** We recommend using multiple online airfare searches to get the price and schedule that best suit your needs to reach Wilmington on time. Tuesday through Thursdays often offer cheaper fares. There are a million flight search sites, but one of our favorites is <https://www.rome2rio.com>. It tells you everything about how to get from anywhere on the planet, to anywhere on the planet. If you choose to arrive more than one day prior to your training date, you'll need to arrange your own accommodations. You may not stay on campus before or after your course dates.

**IF YOU ARE ARRIVING BY PLANE OR BUS:** It will be advantageous for you to pre-arrange a taxi or shuttle to the NCOAE campus.

**TAXI, RENTAL CAR, AND SHUTTLE INFORMATION:** Wilmington does not have a worthwhile public transportation system. If you need transportation from the airport or bus station, see:

<http://www.flyilm.com/traveler-info/ground-transportation/taxilimo-service/>

**BAGGAGE DELAYS:** Please check directly with the airline and bus companies for baggage limitations and allowances. If any of your luggage does not arrive, please file a claim for lost luggage at the airport or bus station where it did not arrive. You can use the claim number later to help track the luggage.

**IF YOU ARE DRIVING:** Our address is **9809 River Road, Wilmington, NC, 28412**. Our driveway is immediately next door to the fire station at the base of Snow's Cut Bridge. As you enter our property, the main classroom building is on your left. There are four parking areas that wrap around that building.

**WHAT TO DO:** When you arrive, come inside the main building, known as the Brook (it is light blue and looks like a cottage house), and sign in on the clipboard hanging on the wall to your right. Your cabin or tent pad assignment will be next to your name if you are staying on campus. Tent camping is only permitted in designated tent sites between and around the cabins. A map of the property, cabins, and tent sites is hanging above the sign-in sheet.

Only students are permitted to stay on campus. There are no vehicles allowed near the cabins, or anywhere beyond the parking lot. No food is allowed in or near the cabins. You may store and cook food in the kitchen area of the classroom. You may also cook under the “lean-to” shed roof attached to the garage (known as “the cave”) if you bring your own camp stove and fuel. There are 25 people using the refrigerators and freezers at any given time, so please be very considerate – use only your proportional share of food storage space.

After checking in, settle into your cabin or set up your tent, unpack, buy and store 1-3 days’ worth of groceries in the Brook, get your things ready for class the next morning, and relax! The classroom is open 24 hours per day, 7 days per week. You may study, eat, cook, and use the restrooms in the Brook anytime you like.

Be prepared to be indoors or outdoors in all weather at any time. The most accurate zip codes to check for local weather at NCOAE in Wilmington are 28412 and 28428.

**ITINERARY:** You will receive your class itinerary on the first day of class.

**THE FIRST DAY:** We have no formal expectations of you for the day before class beyond what is stated above under “what to do.”

On the first day of class we will expect you to be present, alert, and in your seats at 7:45AM. You should bring your completed homework assignment, notebook, pen, pencils, and your field manual.

**THE LAST DAY:** Your final day will consist of a final exam, site cleanup, packing, and a graduation ceremony. Do not plan any flights, rides, or bus travel before 6PM.

#### ► **PASSPORTS & VISAS:**

For ease of travel, citizens of all countries who are flying should have 2 forms of government issued identification, including a valid passport, with them at all times while traveling. Foreign nationals should learn the requirements for entry and travel within the United States at:

[https://help.cbp.gov/app/answers/detail/a\\_id/572/~/-entering-the-u.s.-documents-required-for-foreign-nationals-\(international\)](https://help.cbp.gov/app/answers/detail/a_id/572/~/-entering-the-u.s.-documents-required-for-foreign-nationals-(international))

#### ► **FINANCIAL SECURITY:**

Contact your bankcard and credit card security departments and let them know when and where you’ll be traveling. Otherwise, you risk having them cancel or place a “hold” on your cards. An effective way to access cash when in Wilmington is through the automatic teller machines (ATMs). If you bring money in travelers’ checks keep a record of when you exchange them in a separate location from the checks themselves. You cannot reclaim Travelers’ Checks unless you know which numbers you have spent. Visa and MasterCard are accepted throughout the United States, with the rare exception of some merchants who only accept cash.

#### ► **PERSONAL EXPENSES:**

Former students have recommended bringing a credit or debit card for groceries, meals out, and personal needs, and a relatively small amount of travel cash (20 to 100 dollars in small bills). Your personal expenses depend entirely on your style of travel.

## ► HEALTH CONCERNS:

It is advised that *all international travelers* have their routine immunizations up to date.

These include:

- **Tetanus and diphtheria toxins:** You must have a current tetanus immunization for your course.
- **Measles, Mumps and Rubella:** Persons born after 1956 should have a documented history of immunization.

The CDC and NCOAE provide general vaccination recommendations, but only your doctor can give you specific advice that takes your personal factors into consideration. Recommendations for vaccines and medicines depend on many factors that are specific to each person. Be sure to give your doctor all needed information honestly and accurately so they can make appropriate recommendations. Follow the advice of your doctor by getting all the shots and medicines that are recommended for you.

**MEDICINES** — You must bring a supply of all medications that you take on a regular basis along with you to your NCOAE course. Your supply should include enough quantity to last for two to three days beyond the end date of your NCOAE course. Those flying should check the Transportation Security Administration website: <https://www.tsa.gov>, for updates on permitted and prohibited items, including medicines that you are allowed to carry onto an airplane.

**HEALTH INSURANCE** — Many health insurance plans do not cover problems you may incur when away from your home state. Contact your health insurance company to learn if you are 100% covered while traveling. If not, check with the travel insurance companies above to learn about their gap coverages for medical care and medical evacuation.

## ► STILL HAVE QUESTIONS?

**Call NCOAE at (910) 399-8090**

For tourist information on North Carolina, you might want to view:

<http://www.nc.gov/about/life-in-nc>