

## WELCOME TO NCOAE NORTH CAROLINA! NORTH CAROLINA — TRAVEL CONSIDERATIONS

Your course will begin when we meet inside Wilmington, North Carolina's small town airport, the Wilmington International Airport. With only two runways, 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.

The information below will help you organize your travel arrangements to and from your course. Begin your preparations as soon as possible as it can weeks or even months to obtain your passport, vaccinations, and secure your travel arrangements.

We recommend that you spend some time researching the geography, history, politics, culture, heritage, and culture of North Carolina. For the most current information on North Carolina, you might want to view this visitor website:

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

### ► LOGISTICAL INFORMATION:

**WHERE:** We will all meet at 1pm indoors at the Wilmington International Airport, at the baggage claim. The airport code is ILM. Your return airport will also be ILM.

**WHEN:** Plan to arrive at ILM between 9am and noon (local time in Wilmington) on the first day of the course, and plan to depart ILM no sooner than 6pm on the day your course ends. You can view the maps of ILM at:

<https://flyilm.com/terminal-map/>

All Travel Arrangements for NCOAE International programs are managed and facilitated by NCOAE's trusted travel agency professionals, Travel Associates. Travel Associates is a bespoke travel agency staffed by MaryJo Palmer and Heidi Cunningham, both seasoned Travel Advisors with years of experience behind them. MaryJo and Heidi are based in Woodstock, VT but assist with customers based around the world. While Travel Associates specialty is luxury travel, they are highly skilled at complex itineraries and can provide guidance on everything from upgrades to Visas to Travel Insurance. Upon enrolling in an NCOAE program, you will need to contact MaryJo or Heidi either 800-640-4137 or 802-332-3511, or by email at [maryjo.palmer@travelassociates.us](mailto:maryjo.palmer@travelassociates.us) and [heidi.cunningham@travelassociates.us](mailto:heidi.cunningham@travelassociates.us) to secure your travel arrangements.

### ► IF DELAYED:

If it becomes evident that you will not arrive in Wilmington on time, contact NCOAE at (910) 399-8090 immediately.

**IF YOU ARE ARRIVING BY BUS:** It will be advantageous for you to pre-arrange a taxi or shuttle to Wilmington (ILM) airport to meet the NCOAE van to take you back to the NCOAE Campus.

**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 GET HERE:** When you arrive, come inside the main building door (it is light blue and looks like a cottage house). Please sign in on the clipboard hanging on the wall to your right. Your cabin assignment will be next to your name.

There will be a property map, site information, and local area information included with your check-in packet with your name on it. You'll find the check-in packet on the desk to your left as you enter the building. Plan to stay on campus in our rustic cabins during your visit.

Your housing, all meals, some snacks, and necessary cooking gear will be provided beginning after noon on the first day of the course. Please bring your driver's license, passport, copies of any degrees, professional certifications, and medical training certification cards with you for our files. Be prepared to be indoors or outdoors at any time, and bring your note-taking materials. The most accurate zip codes to check for local weather at NCOAE are 28412 and 28428.

**ITINERARY:** Expedition travel requires some degree of itinerary flexibility due to unforeseen events and adverse conditions. Below is the intended beginning and ending itinerary for this course, subject to change as needed to account for unexpected events.

**THE FIRST DAY :** After a 1pm airport pickup, we'll drive you to the NCOAE Campus where we'll check, distribute, and repack gear, eat a tasty meal, and share the final details about your course. We will home-base at the NCOAE Campus for the first day or two while we prep, but the real fun begins when we hit the trail.

**THE LAST DAY :** The day before we return home, we will recuperate, reorganize, and rest in the Appalachian Mountains in Pisgah National Forest. This is where we will de-issue gear and complete post-course formalities. From there, we will rise early and return to NCOAE Campus for a final day of cleanup, final group meal and celebration, hugs, and high-fives! We will shuttle the group back to ILM where your journey home will begin that evening.

#### ► **PASSPORTS & VISAS:**

For ease of travel, citizens of all countries should have 2 forms of government issued identification, one of which being a valid passport, with them at all times for the duration of the time you are in North Carolina. 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)

#### ► **OFFICIAL LANGUAGE:**

There is no official language in the United States. However, as of October 2014, 31 out of the 50 states have established English as their official language. English is the official language of the State of North Carolina.

#### ► **OFFICIAL CURRENCY, AND MONEY CONCERNS:**

The United States dollar is the official currency of North Carolina. To find the current exchange rate from other countries, visit [x-rates.com](http://x-rates.com), [xe.com](http://xe.com), or visit your favorite currency exchange website.

Contact your bank card and credit card security departments and let them know when and where you'll be traveling. Otherwise, you risk having them cancel 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:**

Once your course is in the field, there will be little opportunity to spend money. Former students have recommended bringing a credit or debit card and a relatively small amount of travel money (20 to 100 dollars in small bills) for the drive to and from your course area. Once your course has begun, there won't be an opportunity for you to change money – make sure you take care of this prior to the start day. Your personal expenses, pre- and post-course, depend entirely on your style of travel.

You are responsible for any cost of lodging on nights before the course start date, after the course ending date, and any personal expenses you incur. **You are also responsible for all personal medical bills, and evacuation expenses if you need to be evacuated from the field, and for bringing personal equipment listed as *must bring on the course equipment list*.**

#### ► **HEALTH CONCERNS:**

Hospital visits and prescriptions can be expensive. It is critical that you visit your doctor well in advance of your course to answer your questions and make specific recommendations for you. The best time to see the doctor is at least 4-6 weeks before your course. Advice on finding a Travel Health Specialist (if you prefer) is available on The Center for Disease Control website for traveler's health <http://wwwnc.cdc.gov/travel/page/see-doctor>

***You must see a doctor and have all appropriate vaccinations that are recommended for you for the areas we'll be visiting to be allowed to participate in your NCOAE course.***

Vaccinations should be recorded in the official document "International Certificate of Vaccination" available from the U.S. Public Health Service or its equivalent in other countries, or from your doctor. This is also a good place to record your prescriptions, eyeglass needs, medical problems such as allergies, and any other information of a medical nature. Please record your blood type on the front page of this booklet.

**ROUTINE IMMUNIZATIONS** — 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.

CDC and NCOAE provide general vaccination recommendations, but only your travel health 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.

Examples of these factors include:

- Where you are traveling
- The length of your NCOAE trip
- The types of activities you might do
- Other personal matters such as your age, your personal medical and vaccination history, and current medical condition

Follow the advice of your doctor by getting all the shots and medicines that are recommended for you.

### **DO NOT PET STRAY ANIMALS**

We will be in remote areas where immediate medical attention is often many days away.

Echinococcosis or hydatidosis disease results from being infected with the larvae of the tapeworm *Echinococcus Granulosus* and is found most commonly in dogs that consume the viscera of infected sheep. Infection results in the formation of cysts in the liver, lungs, kidney and spleen. This condition is also known as cystic hydatid disease and can usually be successfully treated with surgery. In some cases it can be fatal.

Humans are usually exposed to these eggs in one of two ways:

1. By directly ingesting food items or drinking water that is contaminated with stool from an infected animal.
2. By petting or having other contact with cats and dogs that are infected. These pets may shed the eggs in their stool, and their fur may be contaminated. They may also contaminate other objects, such as harnesses or leashes, which can also spread infection.

Three steps can help prevent echinococcosis and other diseases as well:

1. After handling pets, always wash your hands with soap and warm water.
2. Do not eat wild fruits or vegetables picked directly from the ground without careful washing or cooking.
3. Treat or boil all non-tap water.

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

### ► **INSURANCE:**

**TRAVEL INSURANCE** — NCOAE requires all trip participants purchase Travel Insurance that includes coverage for medical evacuation, repatriation and medical expenses for the duration of their NCOAE course. Trip Cancellation Insurance is strongly recommended as well.

Travel and mountaineering programs are true “adventure travel”, as such the unexpected may occur.

We recognize that deciding on the right insurance policy can become confusing, so we’ve created this listed to assist you in understanding a few options for this type of insurance. We are not insurance professionals, therefore recommend you address specific questions with your insurance agent and thoroughly understand any policy you purchase.

The following companies provide options for travel insurance:

1. **RIPCORDER** – Offers comprehensive travel insurance coverage for all Mountaineering and Trekking programs.
2. **TRAVEL GUARD** – Includes Adventure Sports coverage for Mountaineering.

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

► **BAGGAGE AND EQUIPMENT:**

Please check directly with the airline for baggage limitations and allowances. If any checked luggage does not arrive, please file a claim for lost luggage at the airport where it did not arrive. You can use the claim number to help track the luggage.

► **TELEPHONE SERVICE:**

The USA has reliable phone service, though remote areas may have no service. PHONE CALLS MAY NOT BE MADE WHILE ON COURSE. Any calls must be made on “in-town,” off-course days, such as when you are in the airport before and after the course. ***Once the course leaves for the field, you will not be able to make or receive any phone calls until the end of the course.***

► **PRE- AND POST-COURSE TRAVEL CONSIDERATIONS:**

North Carolina culture and history will be discussed specifically during the course, but the following guidelines will get you started with being sensitive to traveling in areas of different cultures. The USA is generally regarded as a safe country in which to travel, but there are thieves and con men worldwide. Avoid traveling alone at night.

► **LEGAL CONSIDERATIONS:**

The US Legal System is a complex organization of Federal and State governmental divisions whose laws and regulations are based on federal and state constitutions. Penalties for breaking laws can be severe. However, even if you run afoul of the laws, you are considered “innocent until proven guilty” in the United States. In order to understand the US Legal System, you should first know which laws, rules or regulations control.

The U.S. Constitution is the highest law of the land. Federal Laws enacted by the US Congress come next. Additionally, each State has a legislature that adopts state laws called “statutes”.

The bottom line is, act appropriately and do not do anything, which might be construed as illegal. When in doubt, ask. **You are a visitor to North Carolina and are expected to act appropriately. You are a representative of your home state and country, and of NCOAE.**

► **STILL HAVE QUESTIONS?**

Call NCOAE at (910) 399-8090



9809 River Road, Wilmington, NC 28412 USA

Phone: (910) 399-8090 | Fax: (888) 399-5957 | Email: [info@NCOAE.org](mailto:info@NCOAE.org) | Web: [www.NCOAE.org](http://www.NCOAE.org)