

## WELCOME TO NCOAE – TEEN LEADERSHIP EXPEDITION

### PROGRAM INFORMATION:

**WHAT:** Teen Leadership Expedition, Backpacking Adventure

**WHERE:** Student check-in will be at The National Center for Outdoor & Adventure Education campus at 9809 River Rd., Wilmington, NC 28412. The check-in table will be located in the main parking area. If there is inclement weather, check-in and pick-up will be located just inside the building.

**WHEN:** Check-in will be between **10:00am – 10:50am ET**. Programming will begin promptly at 11:00am. NCOAE staff will sign your student in, do a temperature check, collect any medication, and do a bag check to ensure your student has all needed items for the trip. After check-in is complete, you may depart.

**IF Flying,** plan to arrive at Wilmington International Airport (ILM) the day of your course, no later than **10:00am ET**. A staff member from NCOAE will meet your child at baggage claim and provide transportation to campus for check-in. You can view the map of ILM at: <https://flyilm.com/>

**IF DELAYED:** If it becomes evident that you will not be on time for check-in or pick-up, please contact the NCOAE office at (910) 399-8090 immediately.

**THE FIRST DAY:** After check-in, students will meet with their group for a program orientation, teambuilding activities, trip planning, and outdoor skill activities. NCOAE staff will share final trip details, distribute group equipment and food, and assist students with packing their packs. The next morning, students will depart for the Pisgah National Forest, just outside of Brevard, NC. The real fun begins when we hit the trail!

**THE LAST DAY:** After a hearty breakfast, students will spend the morning at the beach, practicing their surfing skills and enjoy fun in the sun! Afterwards, the group will return to NCOAE to clean-up, shower, and enjoy lunch. Then, we'll all come together for a one-of-a-kind closing circle.

**DEPARTURE:** Student pick-up will be from **1:30pm-2:30pm ET** on the last day of the course at The National Center for Outdoor & Adventure Education campus at 9809 River Rd., Wilmington, NC 28412.

**IF Flying,** plan to have your child's flight depart ILM no earlier than **3:30pm ET** on the day their course ends.

### PERSONAL EXPENSES:

Once your course is in the field, there will be little opportunity to spend money. Former students have recommended bringing a relatively small amount of travel money (**\$20 to \$30**) for the drive to/from the field, for personal snacks & souvenirs. Once the backpacking portion of your course has begun, there won't be an opportunity for you to spend money.

During the course — from the time we leave Wilmington, NC until the course ends — NCOAE will cover the cost of trip food, transportation, group equipment, and instruction. You are responsible for any cost of lodging before/after the course, as well as any personal expenses your student incurs such as personal snacks, souvenirs, etc. You are also responsible for all personal medical bills and evacuation expenses, if your student needs to be evacuated from the field, and for any personal equipment brought on the course.

## **FAQ'S:**

### **What is the Teen Backpacking Adventure?**

The Teen Backpacking Adventure is a 7-day outdoor education program that takes you to the Pisgah National Forest. While backpacking and camping, students participate activities on backcountry camping skills, leadership, and environmental sciences.

### **Do I need to have any previous experience in camping or backpacking?**

No. Previous experience is not required. NCOAE will teach you all the basics you need to know to thrive in the backcountry and then you'll have time to practice them throughout the trip.

### **What activities will I be engaging in?**

You will engage in a wide range of experiential activities, including kayaking, camp craft, map & compass, backcountry cooking, decision-making, leadership, environmental responsibility, and teamwork.

### **How far will I be hiking & what will I be carrying?**

Groups will typically hike 3-5 miles a day, as they explore cool mountain streams, beautiful vistas, and discover hidden swimming holes. Each student carries their own backpack, which contains their own gear and some of the group food & equipment.

### **Where will I be staying?**

We'll be living in tents (separated by gender) and setting up camp in different areas most nights. Enjoy evenings around the campfire: roasting s'mores, identifying the stars, and sharing highlights of our learning.

### **What is the average group size and instructor/student ratio?**

Each group has two NCOAE field instructors with 8-12 students. We maintain an instructor-to-student ratio of no less than one instructor for every six students.

### **What gear and equipment do I need?**

NCOAE provides all necessary group gear and trail food, but you will be required to bring certain items for yourself. We encourage you to contact NCOAE with all of your packing list questions as early as possible. Start planning now by reviewing the attached trip pack list.

### **What kind of food will I be eating?**

Since we will be carrying all of our food on our backs, we'll be eating many of the items that begin in their dehydrated forms; water weight is not something we want to carry. Expect meat, vegetables, fruits, grains, and even fresh baked bread and pizza! Of course, you'll be making them all from scratch — learning to cook backcountry meals on the trail.

If you have any allergies and/or dietary restriction, be sure to note it on your health form. NCOAE can accommodate most dietary restrictions and preferences.

**STILL HAVE QUESTIONS?** Please call the NCOAE office at (910) 399-8090 anytime between 8:30am – 4:30pm with any questions.