



# Teen Coastal Expedition

# NORTH CAROLINA 7-DAY

**TRIP COST:** \$1,190

**AGES:** 14–18

**TRIP HIGHLIGHTS:**

- ▶ Sea Kayaking & Camping
- ▶ Paddling & Navigation skills
- ▶ Leave No Trace (LNT) training
- ▶ Teambuilding & Outdoor Leadership
- ▶ Explore Coastal North Carolina

**WHY TAKE THIS COURSE?**

- ▶ Gain kayaking, camping, navigation, and backcountry cooking skills
- ▶ Challenge yourself in new and rewarding ways
- ▶ Gain the skills necessary to explore the backcountry
- ▶ Learn about Marine Science

**WHERE YOU'LL BE:**

- ▶ Keg & Shark Tooth Islands
- ▶ Hammocks Beach State Park
- ▶ Carolina Beach

**TRIP INCLUDES:**

- ▶ All lodging & transportation during the trip
- ▶ Equipment for all activities
- ▶ Up to two (2) dedicated NCOAE Trip Leaders
- ▶ All meals, admissions, and gratuities

*\* NCOAE recommends students bring a small amount of spending money for extra snacks and souvenirs.*

*For complete itinerary details, see reverse side ▶*

 **NCOAE** The National Center for  
**OUTDOOR & ADVENTURE**  
**EDUCATION**

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## NORTH CAROLINA — TEEN COASTAL EXPEDITION

The setting for this adventure is North Carolina's coastal waterways. Learn the basics of sea kayaking and wilderness travel, as you explore the marshes, dunes, maritime forests, and beaches of along the coast.

- ▶ **Day 1: Your trip begins here at The National Center for Outdoor & Adventure Education (NCOAE) in Wilmington, North Carolina.** You'll meet the other participants, then begin with an orientation, teambuilding, kayak paddling ground school, expedition planning, and outdoor skills activities.
- ▶ **Day 2: Kayak to Shark Tooth Island.** Practice your paddling skills and learn the basics of marine ecology, as you explore nearby islands. Navigate your kayaks, as you discover how to read the tides of our coastal waterways and participate in training on kayak rescue techniques.
- ▶ **Day 3-5: Multi-day kayaking trip.** The real fun begins when your group hits the water! You'll paddle to your campsite, then learn about campsite setup, water purification, Leave No Trace, knots, and more. Then, enjoy dinner and s'mores before lights out after a day of expeditionary travel.

Explore North Carolina's rich marine ecosystem, as you paddle through a rich salt marshes and explore miles of white sand beaches, learning backcountry camping skills, including map & compass navigation, plant and animal identification, stove use, and backcountry cooking – eating tasty food we prepare ourselves.

- ▶ **Day 6: After a hearty breakfast, you'll paddle back to the take-out.** Then return to the NCOAE's basecamp to clean-up, enjoy dinner, showers, a campfire, and lawn games.
- ▶ **Day 7: Closing Circle and departure.** We'll come together one last time to celebrate our individual and group accomplishments during a one-of-a-kind closing circle. Then, after good-byes depart Wilmington, NC for home.