



# Teen Leadership Expedition North Carolina

# BACKPACKING & WHITEWATER 12-DAY

**TRIP COST:** \$2,400

**AGES:** 15–17

## TRIP HIGHLIGHTS:

- ▶ Backpacking & Camping
- ▶ Whitewater Kayaking
- ▶ Backcountry Navigation skills
- ▶ Leave No Trace (LNT) training
- ▶ Teambuilding & Outdoor Leadership

## WHY TAKE THIS COURSE?

- ▶ Gain backpacking, camping, navigation, and backcountry cooking skills
- ▶ Challenge yourself in new and rewarding ways
- ▶ Gain the skills necessary to explore the wilderness

## WHERE YOU'LL BE:

- ▶ Pisgah National Forest
- ▶ French Broad River
- ▶ Carolina Beach, NC

## TRIP INCLUDES:

- ▶ All lodging and transportation during the trip
- ▶ Equipment for all activities
- ▶ Up to two (2) dedicated NCOAE field instructors
- ▶ All meals, admissions, and gratuities
- ▶ Shuttle from/to ILM airport (If driving, contact NCOAE for drop-off/pick-up locations)

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



Scan QR code  
for more info.

*For complete itinerary details, see reverse side ▶*

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

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## NORTH CAROLINA – TEEN LEADERSHIP EXPEDITION BACKPACKING & WHITEWATER PADDLING

The setting for this adventure is the Blue Ridge Mountains & the French Broad River which flows along the base of the mountains. Learn the basics of backpacking & kayaking, as you travel along some of the oldest rivers & mountains in the world!

- ▶ **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: Travel to the Pisgah National Forest.** The real fun begins when your group hits the trail! Learn about campsite setup, water purification, backcountry cooking, Leave No Trace, knots, and more. Then, enjoy dinner and s'mores before lights out after our first day of expeditionary travel.
- ▶ **Day 3-5: Multi-day Backpacking Trip.** Explore the backcountry, discovering cascading waterfalls, hidden swimming holes, and climbing mountain peaks as you hike along the iconic Art Loeb trail. Gain leadership skills, as you practice backcountry camping, map and compass navigation, and plant and animal identification, while cooking and eating wonderful food we prepare ourselves.
- ▶ **Day 6: After a hearty breakfast, summit Black Balsam Knob.** Climb this 6,240-foot peak in the Pisgah National Forest to enjoy breathtaking views!
- ▶ **Day 7: Re-supply.** Head into town for ice cream and explore local attractions. Spend time relaxing and preparing for the next leg of your course.
- ▶ **Day 8-10: Multi-day river trip.** Practice your paddling skills and learn the basics of river ecology, as you travel along an iconic North Carolina river. Navigate your kayaks downstream, as you discover how to read the currents of the river and participate in training on swift water rescue techniques. You'll camp along the river each night.
- ▶ **Day 11: After a hearty breakfast, you'll paddle a short distance to the take-out.** After leaving the river, your group will return to the NCOAE's basecamp to clean-up, then enjoy dinner, showers, a campfire, and lawn games.
- ▶ **Day 12: 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.