

## WELCOME TO NCOAE – TEEN EXPEDITIONS

### PROGRAM INFORMATION:

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

**WHERE:** NCOAE staff will meet course participants at a designated location at the Portland International Airport (PDX) baggage claim, then we'll drive as a group to Maupin, OR. The basecamp is located at: **Imperial River Company, 304 Bakeoven Rd., Maupin, OR 97037.**

You can view the maps of PDX at: <http://www.flypdx.com/PDX>.

**WHEN:** Check-in will be between 11:00am – 11:30am PT. If Flying, plan to arrive no later than 11:00am PT. 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.

**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 arrival at basecamp, 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 dry bags. The next morning, students will depart for the Deschutes River, just steps from the riverside lodge. The real fun begins when we hit the water!

**THE LAST DAY:** After an early breakfast, individual & group meetings, and final good-byes, we'll all depart! We provide a shuttle for the group that morning back to Portland International Airport (PDX) where your journey home will begin. Student pick-up will be from 11:00am – 12:00pm PT on the day your course ends. **IF Flying,** plan to have your child's flight depart PDX no earlier than 1:00pm PT 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 (**\$30-\$50**) for the drive to/from the field, for personal snacks & souvenirs. Once the river 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 Portland, OR 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 Leadership Expedition – Whitewater Adventure?**

The Teen River Expedition is a 7-day outdoor education program that takes you to the Deschutes River. While paddling and camping, students participate activities on backcountry camping skills, leadership, and environmental sciences.

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

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 paddling & what will I be carrying?**

Groups will typically paddle 4-8 miles a day, as they explore cool mountain streams, beautiful vistas, and discover hidden swimming holes. Each student carries dry bags in their boats, which contain, 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 in our boats, 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.