



Adult Leadership Expedition

Adventure • Sustainability • Leadership
North Carolina

BACKPACKING & WHITEWATER 25-DAY

AGES: 19–27

HIGHLIGHTS:

- ▶ Wilderness First Responder (WFR) certification
- ▶ Leave No Trace (LNT) trainer certification
- ▶ Earn up to 6 credits traveling the backcountry
- ▶ Gain experience in wilderness travel, risk management, environmental studies, and backcountry navigation

WHY TAKE THIS COURSE?

- ▶ Develop Backpacking, Kayaking, & Rock Climbing skills
- ▶ Advance your knowledge of environmental sustainability, outdoor skills, and leadership – while learning in North Carolina’s wild, beautiful places
- ▶ Acquire the skills needed to travel to pristine destinations around the world!

WHERE YOU’LL BE:

- ▶ Pisgah National Forest
- ▶ Shining Rock Wilderness
- ▶ Black Balsam Knob
- ▶ Carolina Beach, NC

TRIP INCLUDES:

- ▶ All lodging & transportation during the trip
- ▶ Equipment for all activities
- ▶ Up to two (2) dedicated NCOAE Field Instructors
- ▶ All meals, admissions, and gratuities
- ▶ Shuttle to/from 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.



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Scan QR code
for more info.

For complete itinerary details, see reverse side ▶

NORTH CAROLINA – ADULT LEADERSHIP EXPEDITION

ITINERARY *(Subject to change)*

- ▶ **Days 1–5: Orientation and Wilderness First Responder training.** The first 5 days of your course are spent at The National Center for Outdoor & Adventure Education’s (NCOAE) main campus in Wilmington, North Carolina completing your Wilderness First Responder certification. In the evenings, there will be time for final trip logistics.
- ▶ **Days 6–10: Multi-day Backpacking Trip.** The next several days will be spent in the Pisgah National Forest and Shining Rock Wilderness. Explore the backcountry, as you ford rivers and hike through a majestic forest landscape, while learning to manage the risks in these environments. Weather can vary drastically in this temperate rain forest – learn to endure it and enjoy it with grace and style.

The landscape and wildlife will provide a dramatic canvas for your learning experience. You may see black bears, white-tailed deer, majestic hawks, soaring eagles and other wildlife during your trek. Learn skills through NCOAE’s Curriculum, as you practice leadership skills, the principles of Leave No Trace, map and compass navigation, plant and animal identification, & backcountry cooking – while preparing and eating wonderful food we prepare ourselves.
- ▶ **Day 11: Solo Experience.** Any outdoor course would be incomplete without a solo experience to allow time for processing. During your solo, you’ll have time to reflect and enjoy a solitude only found in wilderness. An NCOAE solo experience is a rite of passage that sets you up for success as you contemplate re-entering the ‘real world’
- ▶ **Day 12: Summit Black Balsam Knob,** a 6,240-foot peak in the Pisgah National Forest. Once

on top, you’ll help the group determine how long we can stay based on weather conditions.

- ▶ **Days 13–14: Re-supply.** Explore local attractions and enjoy dinner out. Spend time relaxing and preparing for the paddling portion of your course.
- ▶ **Days 15–18: 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 19: Re-supply.** Return to basecamp to rest and finalize logistics for final leg of your trip.
- ▶ **Days 20–22: Our next few days will be spent Rock Climbing.** Explore remote, technical terrain and climb towering spires as you hike along the rocky ridges of the Appalachian Mountain range. You’ll learn the skills necessary to summit mountains, while managing the risks in these environments. Lessons will include an introduction to rock climbing including equipment, knots, belay systems, anchor systems, and more.
- ▶ **Day 23: After a hearty breakfast, you’ll hike a short distance to the trail head.** Your group will return to the NCOAE’s basecamp to clean-up, then enjoy dinner, showers, a campfire, and lawn games.
- ▶ **Day 24: 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.