



GAP SEMESTER

• Adventure • Sustainability • Leadership

NORTH CAROLINA 42-DAY

AGES: 18+

HIGHLIGHTS:

- ▶ Wilderness First Aid (WFA) certification
- ▶ Leave No Trace (LNT) 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, Whitewater Paddling and 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 in pristine destinations around the world!

WHERE YOU'LL BE:

- ▶ Pisgah National Forest
- ▶ Shining Rock Wilderness
- ▶ French Broad River
- ▶ Coastal North Carolina

TRIP INCLUDES:

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



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 — GAP SEMESTER ITINERARY

(Subject to change)

- ▶ **Day 1: After a morning airport pickup, we'll drive to our basecamp in Wilmington, NC.** You'll meet the other participants, then begin with an orientation. Topics covered include menu planning, gear selection, trip planning and how to 'pack out' for group expedition travel in remote wilderness areas.
- ▶ **Days 2–3: Wilderness First Aid (WFA) training** The next few 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 Aid certification.
- ▶ **Days 4–10: 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. 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, the principles of Leave No Trace, map and compass navigation, plant and animal identification, and backcountry cooking — while preparing and eating wonderful food we prepare ourselves.
- ▶ **Days 11–12: 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!
- ▶ **Day 13: Summit Black Balsam Knob,** Ta 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 14–17: Rock Climbing.** 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.
- ▶ **Days 18–21: Re-supply.** Explore local attractions and enjoy dinner out. Prepare for the paddling portion of your course.
- ▶ **Days 22–27: River paddling trip.** Refine your paddling skills, 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.
- ▶ **Days 28–29: Re-supply.** Spend the next couple of days relaxing and finalizing logistics.
- ▶ **Days 30–33: Explore the Outer Banks.** Learn the basics of marine ecology, as you explore these unique barrier islands. Try your hand at surfing, visit a historic lighthouse, and more.
- ▶ **Days 34–39: Multi-day Coastal Kayaking Trip.** Practice your paddling skills as you explore nearby islands. Navigate your kayaks, as you discover how to read the tides of our coastal waterways.
- ▶ **Day 41: After a hearty breakfast, you'll paddle a distance to the take-out.** Your group will return to the NCOAE's basecamp to clean-up, then enjoy dinner, showers, a campfire, and lawn games.
- ▶ **Day 42: 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.