

NORTH CAROLINA STANDARD SCHEDULE

Note: This schedule is subject to change.

Day 1, Sunday:

- 2:00pm - Students Arrive!!!
Registration, Inbriefs, Medications and Money.
Group games
- 4:00pm - Initiatives/ Low ropes / Trust Sequence
- 6:00pm - Dinner at Soar Base
- 7:00pm - Guidelines and Full Value Contract
Review Gear
Debrief day's activities and brief next day's itinerary
- 9:00pm - Personal hygiene
- 9:30pm - Lights Out

Day 2, Monday:

- 7:00am - Wake up
- 8:00am - Breakfast

	GROUP 1	GROUP 2
9:00am	High ropes course	Backpacking menu and route planning
12:00pm	Lunch	Lunch
1:00pm	Backpacking menu and route planning	High ropes course

- 4:00pm - Food buy in Waynesville
- 6:00pm - Dinner at base
- 7:00pm - Pack bags and load van
- 9:00pm - Personal hygiene
- 9:30pm - Lights out

Day 3, Tuesday:

- 7:00am - Wake up
- 8:00am - Breakfast
- 9:00am - Load van
- 9:30am - Depart for trailhead
- 12:00pm - Lunch
- 1:00pm - Start Backpacking

Day 4, Wednesday: Backpacking

Day 5, Thursday: Backpacking

Day 6, Friday: Backpacking

- 11:00am - Arrive at trailhead / Lunch
- 12:00pm - Depart for laundry / showers
- 4:00pm - Arrive at campsite; set camp
- 6:00pm - Cook Out!
- 7:00pm - Game Night
- 9:00pm - Personal hygiene
- 9:30pm - Lights out

Day 7, Saturday:

- 7:00am - Wake up and pack day pack
- 7:30am - Breakfast
- 8:30am - Group 1 depart for rockclimbing site
Group 2 depart for Cradle of Forestry
- 12:00pm - Lunch at respective sites
Debrief morning activities
- 1:00pm - Group 1 depart for Cradle of Forestry
Group 2 depart for rockclimbing site

NORTH CAROLINA STANDARD SCHEDULE CONTINUED

Day 7 continued:

4:30pm - Be back at campground
6:00pm - Dinner
7:00pm - Skit Night
9:00pm - Personal hygiene
9:30pm - Lights out

Day 8, Sunday:

7:00am - Wake up and pack day pack
8:00am - Breakfast
9:00am - Depart for Elective choices; Lunch at elective sites
4:00pm - Debrief electives; depart for campsite
6:00pm - Dinner
7:30pm - Scavenger Hunt / Prep for breaking camp
9:00pm - Personal hygiene
9:30pm - Lights out

Day 9, Monday:

7:00am - Wake up and pack
7:30am - Breakfast
9:30am - Rock Climbing
12:30pm - Lunch / Debrief morning activities
1:30pm - Depart for campground
4:00pm - Arrive at campground and set camp
6:00pm - Dinner
7:30pm - White water safety briefing
9:00pm - Personal hygiene
9:30pm - Lights out

Day 10, Tuesday:

7:00am - Wake up and pack for river
8:00am - Breakfast
8:45am - Depart for river outfitters
9:30am - Arrive at river outfitters
10:00am - Outfit and transport to river put-in; river safety review
10:30am - Raft the Nantahala River
12:30pm - Lunch at Farabee
3:30pm - End rafting and Debrief rafting activity
4:30pm - Depart river outfitters
6:00pm - Dinner
7:30pm - Campfire meeting to discuss progress made on goals that were set at beginning of course
9:00pm - Personal hygiene
9:30pm - Lights out

Day 11, Wednesday:

8:00am - Wake up
8:30am - Breakfast
9:15am - Showers and break camp
12:00pm - Lunch
2:00pm - Slide Show
5:00pm - Dinner Out
6:00pm - Arrive at base
7:00pm - End of Course Celebration!
9:00pm - Personal hygiene
9:30pm - Lights out

NORTH CAROLINA STANDARD SCHEDULE CONTINUED

Day 12, Thursday:

7:00am - Wake up and pack to go home
8:00am - Breakfast
9:00am - Finish packing and cleaning cabin
9:30am - Parents begin arriving
12:00pm - Lunch for those still present