

Mountain to the Sea

PACKING LIST

All items are necessary; however, you may choose to reduce the quantity of some items because they may be worn more than once.

- CLOTHING:**
- (1) Nylon windbreaker
 - (3) Long pants, one lightweight (nylon wind pants work well)
 - (6) Shorts
 - (1) Shorts with longer legs and no chafing seams for bicycling
 - (2) Swimsuits
 - (1) Fleece and/or some form of warm top with moisture wicking ability
 - (1) Set of synthetic underwear such as polypropylene or capilene
 - (10) Socks, cotton
 - (2) Sets wool/synthetic socks and sock liners
 - (13) Underwear
 - (14) Shirts
 - (1) Rain gear, poncho or rain suit
 - (1) Hat
- FOOTWEAR:**
- Hiking boots
 - Sturdy shoes for cycling
 - Old shoes for canoeing (must fasten securely, will get wet)
- TOILETRIES:**
- Toothbrush/paste
 - Shampoo
 - Soap and soap box
 - Feminine hygiene supply
 - Comb/Brush
 - Deodorant (no aerosol)
- OTHER:**
- Laundry bag
 - Book to read
 - Notebook (4 x 6) for journal
 - Pen
 - Pocket knife (no sheath knives)
 - Bring a spoon
 - Bowl
 - Water Bottle
 - Flashlight w/ extra batteries (small)
 - Insect repellent (35% DEET recommended) (no aerosol)
 - Sunscreen (no aerosol)
 - (2) Towels
 - (2) Bandannas
 - (10) Large Zip lock bags
 - (5) Large garbage bags (for pack liners)
- OPTIONAL:**
- Bible
 - Camera, film
 - Stationary, stamps
 - Fishing equipment
 - Pillow
 - Sunglasses
 - Lock and key for footlocker*

*Note: Please bring at least one duffel bag or soft sided luggage.

Revised: 3/13/2014

Mountains To The Sea

MOUNTAIN WEEK

- SUNDAY Arrive; Check in at Cheerio Adventures 2:00-4:00 PM
- MONDAY **BACKPACK**
Depart for Pisgah National Forest
Backpack
Camp in Pisgah National Forest
- TUESDAY **BACKPACK**
Continue backpacking
- WEDNESDAY **CLIMBING**
Climb all day
- THURSDAY **CAVING**
Cave all day
Leave for West Virginia
- FRIDAY **RAFTING**
Raft all day
Return to Cheerio Adventures
- SATURDAY **KAYAK- NROC TO BIG TREE**
Kayak all day
Camp at Cheerio Adventures

BEACH WEEK

- SUNDAY **LEAVE FOR EMERALD ISLE**
Depart for Emerald Isle
Camp at coastal campground
- MONDAY **STAND UP PADDLE BOARDING**
Spend day stand up paddle boarding
- TUESDAY **AQUARIUM AND FORT MACON**
Spend day at aquarium and Fort Macon
- WEDNESDAY **SURF**
Spend day surfing
- THURSDAY **CAPE LOOKOUT CRUISE AND DINNER OUT**
Spend day sailing to Cape Lookout
Explore Cape Lookout
Dinner out
- FRIDAY **DRIVE BACK TO NROC**
Wakeup and drive back to Cheerio Adventures
Camp at Cheerio Adventures
- SATURDAY Camper pick up from 8:30-10:00 AM

***Please note:** The actual order and location of activities may vary due to availability of sites, weather conditions and other situations beyond our control.