

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.

“Better to have, and not need, than to need, and not have.” — Franz Kafka

If it is italicized it is a suggestion made by others.

- CLOTHING:**
- (2) Long pants, one lightweight (nylon wind pants work well) – *Use rain pants as one of these or convertible pants that zip off into shorts*
 - (5) Shorts
 - Fleece sweater or other that has moisture wicking ability
 - Set of long underwear, top and bottom (we suggest polypropylene or capilene) – *It may be summer but it can still get cold.*
 - (13) Socks, (we suggest wool socks OR synthetic socks)
 - (13) Underwear
 - (14) T-Shirts – *Now remember they will be out most of the time, so will they really wear them all.*
 - (2) Swimsuits (No bikinis, 1 piece suits are recommended)
 - Raingear, rain jacket and pants
 - For caving long sleeve shirt, pants & gardening gloves (will get muddy) *Get them from Goodwill and throw them away after, no washing.*
 - Hat (baseball cap is good for helping with sun, and a winter hat for backpacking when cold)
 - Rash Guard (a shirt to surf in)

- FOOTWEAR:**
- Pair camp shoes (eg. Sneakers)
 - Old shoes or water sandals like chacos or keens (**NOT CROCS**) for canoeing, **must** fasten securely (will get wet)
 - For caving a pair of old shoes (will get muddy)
 - Hiking shoes, lightweight or trail shoes

- TOILETRIES:**
- Toothbrush/paste
 - Deodorant (NO aerosols)
 - Feminine hygiene supply
 - Shampoo and Soap with soap box
 - Comb/Brush

- OTHER:**
- Laundry bag
 - Bring a spoon – *If you don't bring one you can get a spork in the store.*
 - Bowl
 - Day pack/small book bag – *If you don't bring one you can one in the store.*
 - 2 Water Bottles – *If you don't bring one you can one in the store.*
 - Flashlight or headlamp w/ extra batteries (small) – *If you don't bring one you can one in the store.*
 - Sunscreen (no aerosol)
 - (2) Towels
 - (2) Bandannas
 - (10) Large Ziploc bags (used to keep clothes dry)
 - (5) Large garbage bags (used to keep clothes and sleeping bag dry)

- OPTIONAL:**
- Bible
 - Sunlasses
 - Sleeping bag or sheets and blanket for cabin (we will provide sleeping bag for out of camp)
 - Camera
 - Pillow

*NOTE: Please bring at least on duffel bag or soft-sided luggage.

MOUNTAINS TO SEA ITINERARY

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**
Backpack to climb Site, in Linville Gorge

WEDNESDAY **CLIMBING**
Climb and Rappel in the famous Devil's Cellar

THURSDAY **CAVING**
Crawl, slide, and hike through the 2nd longest cave in Tennessee
Drive to Wild and Wonderful West Virginia

FRIDAY **RAFTING**
Raft class IV AND V rapids on the famous New River Gorge
Return to Cheerio Adventures

SATURDAY **KAYAK- NROC TO BIG TREE**
Kayak all day on the wild and scenic New River
Camp at Cheerio Adventures

BEACH WEEK

SUNDAY **LEAVE FOR EMERALD ISLE**
Depart for Emerald Isle
Camp in The Croatan National Forest till Friday

MONDAY **STAND UP PADDLE BOARDING**
Spend the day stand up paddle boarding and Kayaking on the White Oak River

TUESDAY **AQUARIUM AND FORT MACON**
Spend day at aquarium and the Historic Fort Macon

WEDNESDAY **SURF**
Spend the day catching sweet waves on the beaches of Emerald Isle

THURSDAY **CAPE LOOKOUT CRUISE AND DINNER OUT**
Sail to Cape Lookout National Seashore
Explore Cape Lookout and collect seashells
Seafood Restaurant dinner, and Closing Ceremonies

FRIDAY **DRIVE BACK TO NROC**
Wakeup and drive back to Cheerio Adventures
Camp at Cheerio Adventures

SATURDAY Camper pick up from 8:00-9:30 AM