



NORTH CAROLINA OUTWARD BOUND SCHOOL

WELCOME TO NORTH CAROLINA OUTWARD BOUND SCHOOL!

Dear Applicant,

Welcome! Outward Bound offers an exciting opportunity for you to learn new skills, make friends and create memories that will last a lifetime. The mission of The North Carolina Outward Bound School is Changing Lives through Challenge and Discovery. Our curriculum is designed to help you realize your potential. You will be encouraged to stretch your pre-conceived limits, embrace challenges and connect with the power of teamwork and the beauty of nature. Our courses lay the groundwork for increased self-confidence and a desire to improve or replace old patterns. Self-reliance, compassion, craftsmanship and physical fitness are integral components of the experience.

Our courses are physically and mentally challenging. To get the most from Outward Bound, you will need to plan and prepare! That preparation includes completing all required forms and, if you do not already exercise regularly, begin a deliberate plan to be more physically fit by course start.

To participate on Outward Bound, each applicant must submit all requested medical information, the signed liability release form and be interviewed by a Student Services Representative. This Registration Packet contains important course information, policies and suggestions regarding physical preparation. If you have questions, please do not hesitate to call or email your Student Services Representative.

We look forward to seeing you Outward Bound!

Sincerely,

Lynda Brackett
Director of Student Services
North Carolina Outward Bound School

This packet includes:

- **About Outward Bound:** pages 1-5
- **Course Preparation:** pages 5-8

*I regard it as
the foremost
task of
education to
ensure the
survival of
these
qualities: an
enterprising
curiosity, an
undefeatable
spirit,
tenacity in
pursuit,
readiness for
sensible self
denial, and
above all,
compassion.*

*- Kurt Hahn
Founder of
Outward Bound
(1886-1974)*

ABOUT OUTWARD BOUND

MISSION STATEMENT

Changing lives through challenge and discovery.

HISTORY

The name Outward Bound comes from the nautical term describing the moment a ship leaves the safety of the harbor for the unknown challenges and adventures of the open sea.

Outward Bound was founded during World War II. German U-boats were sinking British merchant ships, and many merchant sailors were dying as they waited to be rescued from the rough and frigid waters. Sir Lawrence Holt, owner of the Blue Funnel shipping line in Great Britain, called upon a progressive educator, Kurt Hahn, to help him uncover the answer to this question: Why were the older, more seasoned sailors surviving at a rate much higher than the younger and presumably more fit sailors?

Hahn identified the problem as a lack of confidence rather than any shortage of skill or equipment. He recognized that the younger sailors had not yet developed an understanding of their own physical, emotional and psychological resources. The older men were able to draw on their life experiences and inner resources to survive the hardships presented to them.

To address this problem, Hahn opened the first Outward Bound School in Aberdovey, Wales. The school provided participants with a series of progressively challenging opportunities for success.

Since 1941, Outward Bound has become the oldest, largest and most recognized wilderness educational organization in the world.

WHAT WE TEACH

The Four Pillars and Principles

The Four Pillars represent the historical foundation of Outward Bound and are the core of our course design and delivery.

Physical Fitness – building the physical and emotional stamina to meet challenges.

Craftsmanship – modeling quality and intentionality in one's actions.

Self-Reliance – being resourceful, recognizing and applying personal strengths.

Compassion – selflessly engaging in the welfare and dignity of others.

The following Principles complement The Four Pillars and are incorporated in each of our programs.

Safety - managing risk for physical and emotional safety in everything we do.

Service - acting selflessly to meet the needs of others and our environment.

Courage – taking risks to achieve goals and stand up for universal well-being.

Leadership – utilizing collaborative relationships to initiate collective action.

Diversity – embracing people's differences as a source of learning and growth.

Environmental Stewardship – preserving our natural world for future generations.

COURSE DESIGN PRINCIPLES

North Carolina Outward Bound courses provide:

a safe and supportive environment by

- developing a caring and positive group culture.
- designing an experience that supports physical and emotional safety.

challenge, adventure, and problem solving opportunities by

- using unfamiliar settings to impel students into mentally, emotionally and physically demanding experiences.
- utilizing and managing appropriate risk.

learning through experience by

- facilitating engaging, relevant, sequential experiences that promote mastery and incorporate reflection and transference.
- learning from success as well as failure.

DESIRED COURSE OUTCOMES

North Carolina Outward Bound courses inspire:

character development and personal growth through

- demonstrating an increase in self-knowledge and awareness.
- perseverance, courage and confidence.
- self-reliance, initiative and responsibility.
- craftsmanship and pride.
- physical and emotional fitness.
- the ability to embrace differences.

leadership and teamwork by

- demonstrating the ability to set goals, and inspire and guide others to achieve them.
- demonstrating the ability to collaborate, communicate, solve problems and resolve conflicts effectively.

service and compassion through

- demonstrating an increased awareness of social and environmental issues.
- demonstrating unyielding support for the welfare of others and the responsibility to care for the environment.
- demonstrating a service ethic and actively engaging in service to others.

WHAT TO EXPECT

North Carolina Outward Bound teaches wilderness leadership skills and provides challenging opportunities to put those skills into practice.

Depending on your course, you may learn outdoor skills including backpacking, rock climbing, whitewater canoeing or sea kayaking. Often called the "hard skills," well-developed technical skills are the foundation of outdoor leadership. We will also teach you "soft skills": how to communicate effectively with one another, how to inventory and mobilize your personal resources to successfully overcome challenges, as well as how to process and understand your experiences by sharing them with your crewmates. Both these "hard" technical skills and "soft" interpersonal skills serve as the medium through which we provide all our students the opportunity for personal growth. In order to meet North Carolina Outward Bound's educational objective of developing each student's self-reliance, our goal is to place relatives and friends in different crews unless otherwise advertised.

You will be in the wilderness most of your time at Outward Bound. A tarp or tent will be your home. Do not expect "the conveniences and comforts of home," rather, open yourself up to discovering the joys of living simply.

There is a great deal of emphasis placed on shared responsibility while at Outward Bound. You will be expected to participate in crew chores and activities. More responsibilities are added as your instructors teach you basic skills then step back and let you apply your newly acquired knowledge. For students, this may represent one of their most memorable Outward Bound experiences: the positive feelings of pride and self-confidence that come from "doing something myself."

THE BASICS

You will be living and sharing your experiences with a crew of six to 12 participants. Through activities, discussions and reflections, instructors cultivate a trusting and supportive group culture; you will become part of a small community. You may be surprised by how quickly you bond with your crewmates. This positive group culture is the foundation needed to build self-confidence and overcome self-imposed limitations.

Expect to be challenged. There is no prior skill required for any of our activities. We teach you everything you need to know to participate in any particular activity. All we ask is that you push your personal limits far beyond what is comfortable, easy and convenient.

Your crewmates will come from diverse geographic, ethnic and economic backgrounds and will each contribute to the groups' success in different ways. Each participant completes our screening process. This process is meant to acknowledge that each participant is capable of attending, contributing to and successfully completing the course.

Our courses enroll on a first-come, first-served basis. We cannot guarantee that a course advertised as co-ed will attract a mixed gender group. Depending on who applies, co-ed courses may run as all-male or all-female. The age range within a crew depends upon the pool of applicants and may be wider for courses with no maximum age limit and courses targeting an adult population.

PERSONAL HYGIENE

Maintaining personal hygiene in the wilderness is important and is taught on every course. Your instructors will discuss proper techniques for disposing of wastes, techniques for basic cleanliness and teach the Leave No Trace camping method.

FOOD With coaching from your instructors, you learn backcountry cooking techniques and are responsible for helping with meal preparation. We cook on gas camp stoves, as we seldom build fires due to Leave No Trace camping ethics. Your diet will be a mix of dehydrated foods, fresh fruits and vegetables. A typical breakfast might be granola or oatmeal; lunch could include tortillas and cheese or tuna and cheese on crackers, and dinner might be rice and beans or pasta and sauce. We also use foods such as salami, peanut butter, jelly, bagels and trail mixes. The amount of physical activity you experience during your course demands a nutritious diet to help fuel your body. We can accommodate some dietary requirements and restrictions such as gluten-free and lactose intolerant. However, these restrictions must be reviewed on a case-by-case basis by our medical screener. Therefore, it is important that you list any food allergies in your Medical Record booklet.

MEDICATIONS

All medications must be listed in the applicant's Medical Record booklet, approved by our Medical Screener prior to course and must accompany the participant on course.

Participants will not be permitted to begin their course without their required medications OR with new medications not approved by our Medical Screener.

After your Medical Record has been approved, if you start taking a new medication, stop taking an existing medication or change the dosage of a medication, the action (s) could affect your status on course. You must contact our Medical Screener with any medication changes (828-239-2116 or medical@ncobs.org).

For participants on youth courses, our instructors carry all prescription medications with the exception of birth control and emergency medications such as EpiPens or rescue asthma inhalers.

For participants on Struggling Teen and Struggling Young Adult programs, our instructors carry all prescription medications.

All medications (prescription and over-the-counter) must be in their original containers.

If possible, bring a double supply. During travel, pack essential medications in carry-on luggage.

MAIL

Depending on the length of your course and course area, mail may be delivered to you. Delivery can take up to one week from the time it reaches our base camp. **There is no mail delivery on international courses, the Outer Banks or courses shorter than fourteen days.** Please do not have packages sent to you unless they contain emergency items - no candy or food please! All correspondence must be clearly addressed with the participant's name and course number. Letters received near the end of the course may not be delivered on time and will be returned to sender.

You will be notified of your base camp mailing address and emergency numbers prior to your course start. If your course allows for mail delivery (criteria above), remember **to bring postcards with stamps attached as you can write to family and friends while you are on course.**

ELECTRONIC DEVICES AND COMMUNICATION

Cell phones, tablets, GPS devices, and all other electronic devices (except digital cameras) are not permitted on course. Electronic devices can be distracting and disruptive to the wilderness experience. Stepping away from these devices encourages participants to focus on their experience and their crewmates.

Cell Phones: Although cell phones are not permitted on course, traveling to and from your course with a cell phone and a charger is encouraged. At course start, you will be asked to turn off your cell phone and store it in your personal luggage. Your luggage will be locked in a group storage bin at our facility while you are on course.

Cameras: Cameras are welcomed at North Carolina Outward Bound. We recommended waterproof disposable cameras. If you elect to bring a non-disposable camera, we advise that you store it in a small "dry bag" or plastic zip lock-bag. Our courses are rigorous and there is a risk of losing or damaging your camera. **Cell phone cameras, tablets and any other Wi-Fi enabled electronic devices with built-in cameras are not permitted on course.**

RISKS AND SAFETY

Safety is our number one priority. At all levels of our school, we demonstrate our dedication to participant safety by our words, actions and values. Outward Bound has been a national leader in wilderness safety for over 50 years and frequently advises and assists other organizations in outdoor adventure risk management.

Living and traveling in a remote wilderness setting exposes you to risks different than those you may encounter in your daily life. We believe that accepting appropriate risks and training and preparing participants to manage those risks, provides invaluable life experience.

Regardless of precautionary measures, risk and uncertainty are central to the concept of challenge and adventure. The intent is not to avoid activities involving risk but to recognize, prepare for and successfully manage risk. In order to identify any potential hazards and update best practices, our programs are regularly reviewed by outdoor professionals from inside and outside the Outward Bound system.

Outward Bound instructors receive regular training in the activities and environments in which we deliver our courses. They are trained to anticipate and manage risks inherent in remote areas. They are also trained in first aid, search and rescue and emergency management. Our instructors are certified Wilderness First Responders; some are Wilderness Emergency Medical Technicians or equivalent.

Outward Bound maintains a minimum staff-to-student ratio of approximately 1:6. Instructors work in teams of two or three with six to 12 students. Instructor teams are usually co-ed but balancing skills and teaching styles is our primary staffing focus. One instructor in every team is a lead instructor with multiple seasons of training and experience. The lead instructor has single point accountability for the safety and effectiveness of the course in the field as well as mentoring their staffing team. For more information on our instructors, please check our website:

http://www.ncobs.org/careers#tab-employment_criteria

As a participant, you must take responsibility for yourself by following instructions and practicing the skills taught by your instructors.

EMERGENCY COMMUNICATION

If a family emergency occurs while the course is in progress, emergency messages can be relayed by calling our toll-free number (800-878-5258) on weekdays 8:30 AM – 5:00 PM eastern time. Also before your course begins, you will receive an email that provides an after-hours and weekend emergency phone number.

COURSE PREPARATION

While you do not have to be a gifted athlete or in peak physical condition to attend an Outward Bound course, you do have to prepare for the challenges of Outward Bound.

There are two kinds of strength necessary to complete your course; physical and mental. Your body needs to be strong, but you must also come with an open mind, willing spirit and a cooperative attitude. Whether you paddle a canoe or kayak for six or eight hours, expedition with a 50+ pound pack for 10 miles or scale a rock wall, you will be pushed and rewarded on many levels.

Every single course—regardless of the activities—is unique as there are many different routes, weather patterns and personalities. No matter how much you read and no matter how many questions you ask your Student Services Representative, you may still wonder what the course will be like. So how do you prepare for the unknown?

MENTAL PREPARATION

Consider and be prepared for:

Teamwork - Be ready to be part of a team. Think about other team experiences you may have had in the past - sports teams, school plays or business meetings. Remember what helped your team be successful. Plan on being a positive contributor during your course.

Living with Less – Look around your house and the “real” world and think about what you have and what you truly need. Things we may take for granted like hot running water, upholstered furniture and sidewalks will not be part of your experience. When you get into the routines of wilderness living, you may notice that despite the complexity of your everyday life, life in the wilderness and life at home are ultimately about food, clothing, shelter and the relationships you have with those around you. Because the wilderness lifestyle is simple, you will leave behind non-essentials like deodorant, make up, electronic devices and books.

Being Away from Home – Whether it is the first or the 20th time you have been away from home, you might not have been this “out of touch.” Don’t be surprised if you feel homesick at some point during your course. Please use your instructors and teammates as resources for support.

Compassion – Compassion is a pillar on which Outward Bound was built. It is an emotion you may feel in response to another person’s struggle. Compassion can be shown in kind, thoughtful actions and can be practiced during course through active listening and understanding of other perspectives. You may find that you need to make compromises as you support other members of your team. It is always important to remember that your attitude and actions affect everyone.

Group Discussion – Your instructors will lead group discussions as you debrief each day’s events. Through coaching from your instructors, your group will practice positive communication and conflict resolution techniques. These skills help your group maintain respect for individual opinions no matter how they may differ. Hopefully, these lessons will extend to your everyday life. Be prepared to share your perspective and gain insight from others during these discussions.

PHYSICAL PREPARATION

Have fun and enjoy the adventure of preparation while training for your course! This is an excellent opportunity for you to get outside, get fit and explore your neighborhood’s parks and recreation areas.

Adopt Healthy Habits

A great way to physically prepare is to adopt healthy eating habits and focus on being well-hydrated.

1. Arrive at your course start well rested.
2. Reduce consumption of fatty foods, excessive alcohol and caffeine. These substances require a lot of water and oxygen to metabolize.
3. Eat plenty of unrefined carbohydrates (i.e. whole grains).
4. Drink water regularly instead of juice or soda.
5. If you use tobacco or tobacco products, it is essential to quit before you arrive.

FITNESS AND TRAINING

- You do NOT have to be an athlete or highly-trained to attend an Outward Bound course.
- You DO have to be physically capable and active. Our courses are demanding. You will use your muscles in new and challenging ways.
- It takes strength and fitness to paddle a boat for six or eight hours a day, carry a 50+ pound pack for 5-10 miles or climb a rock wall. If you aren’t already involved in a fitness program, now is the time to start.
- Your efforts will pay off in enjoyment, comfort and fun.

BUILD AEROBIC FITNESS

To prepare for Outward Bound, focus your training program on increasing your body's capacity to maximize oxygen intake. This will increase the capability of your heart and circulatory system to supply blood and oxygen to all organs and tissues. Start with an aerobic activity that you enjoy like running, bicycling, skating or swimming. These activities, when done for at least 30 continuous minutes, stimulate heart and lung activity. While exercising three times a week is the minimum, five or six times a week is optimum. Stretch and work out with light weights to maintain flexibility and build strength.

We strongly suggest that applicants who are overweight or have high blood pressure, family history of heart disease, diabetes, a prolonged sedentary lifestyle or smoke more than one pack a week consult with their physician to establish an exercise program.

COURSES WITH BACKPACKING

Hike with a weighted backpack. Start with 20-30 lbs., then build to 50+ lbs. If you do not own a backpack, you may be able to borrow one from a friend, family member or rent one from an outdoor sporting goods store. If none of these options are available, try a smaller "book bag" style backpack with approximately 15 lbs. in it. Start out hiking just a couple of miles on hilly terrain or stairs and increase your intensity and mileage as you gain strength and endurance. On course, you can expect to carry a backpack that weighs approximately 40 to 55 lbs. and you may be hiking for distances of five to 15 miles per day.

COURSES WITH ROCK CLIMBING

Climbing indoors at your local rock climbing gym is the best way to prepare for climbing outdoors. If climbing at a gym is not available, substitute pull-ups, sit-ups and strength training with weights. On course, you will practice knots, climbing and belay techniques as well as safety procedures.

COURSES WITH A WATER COMPONENT

Endurance train at least three times a week on a rowing machine. If a rowing machine is not available, supplement with strength training three times a week by including sit-ups, pull-ups, push-ups or weight training that concentrates on your shoulders, stomach and back.

TARGET HEART RATE AND THE TALK TEST

Exercise physiologists agree that in order to develop aerobic fitness, you must get your heart beating faster than normal. Efficient training is not dependent upon the speed your body moves, but rather on the number of times your heart beats per minute (take your pulse for 6 seconds and multiply by 10). Exercise too slowly and all you're doing is burning calories, too fast and you run the risk of burning out. The key to aerobic fitness training lies in moderate effort. This can be readily monitored in two ways.

- 1 A common rule of thumb is to increase your resting heart rate to your Target Heart Rate (THR), a number derived by subtracting your age from 170 ($170 - \text{Age} = \text{THR}$). This formula approximates the number of times your heart should beat per minute in order to optimize your workout. Maintain this level (which will end up being in the range of 120 to 150 beats per minute) for a minimum of 30 minutes, three times a week (five times a week is optimum).
- 2 Perhaps the most useful measure of whether you are exercising too hard is your ability to pass the Talk Test. If you are pushing too hard to carry on a conversation without panting, then it is possible that you are working harder than our body can train. If slow running leaves you breathless, then slow to a walk. If you are a beginner, you may find that you have to move quite slowly to pass the Talk Test but, as you train and your ability to transport oxygen becomes more efficient, your speed and your ability to sustain performance will naturally increase.

EIGHT WEEK FITNESS PROGRAM

This program outline is appropriate if you enrolled eight or more weeks prior to your course start. If you don't have the full eight weeks to train, adjust this program accordingly. Take this conditioning program seriously; getting in good shape before your course will significantly increase your opportunities for success and reduce the chance of injury.

The general rules of the road are these:

- enjoy yourself
- be careful – avoid injury
- increase your fitness regimen by no more than 10% per week
- take at least one day off a week;
- finish your workout smiling.

Aerobic Activities

Indoors: Stair climber, stationary bicycles, rowing machines, aerobic classes, yoga, team sports or swimming.

Outdoors: Running, hiking, power walking or cross-country skiing. Hilly terrain is best. If hills are not available to you, integrate a section of stairs (buildings, stadium bleachers).

Strength Training

Supplement the above with weight training or sit-ups and push-ups. Focus on building strength in your legs and supportive muscles of the back, shoulders and stomach.

EIGHT WEEK FITNESS PROGRAM OUTLINE

WEEK ONE

Day 1, 3, 5: 30-45 minutes of aerobic fitness training

Day 2, 4, 6: 10 minutes of stretching and 10 minutes of light weights

Day 7: Rest

WEEK TWO

Day 1, 3, 5: 30-45 minutes of aerobic fitness training

Day 2, 4, 6: 10 minutes of stretching and 15 minutes of light weights

Day 7: Rest

WEEK THREE

Day 1, 3, 5: 30-45 minutes of aerobic fitness training

Day 2, 4, 6: 10 minutes of stretching and 20 minutes of light weights

Day 7: Rest

WEEK FOUR

Day 1, 3, 5: 30-45 minutes of aerobic fitness training

Day 2, 4, 6: 10 minutes of stretching and 20 minutes of light weights

Day 7: Rest

WEEK FIVE

Day 1, 3, 5: 30-45 minutes of aerobic fitness training

Day 2, 4, 6: 15 minutes of stretching and 20 minutes of light weights

Day 7: Rest

WEEK SIX

Day 1, 3, 5: 30-45 minutes of aerobic fitness training

Day 2, 4, 6: 15 minutes of stretching and 25 minutes of light weights

Day 7: Rest

WEEK SEVEN

Day 1, 3, 5: 45-60 minutes of aerobic fitness training

Day 2, 4, 6: 15 minutes of stretching and 30 minutes of light weights

Day 7: Rest

WEEK EIGHT

(TAPER OFF ONE WEEK BEFORE COURSE)

Day 1, 3, 5: 30 minutes of aerobic fitness training

Day 2, 4, 6: 10 minutes of stretching and 10 minutes of light weights

Day 7: Rest



COURSE INFORMATION

22-DAY BACKPACKING, ROCK CLIMBING AND WHITEWATER CANOEING

PREPARATION

It is important for you to take time to mentally and physically prepare for your course. Review the “Attending Outward Bound” document on your course web page. If you have yet to start physically preparing, start now and focus on cardiovascular training. You will be putting yourself at a disadvantage if you postpone or ignore physical preparation! If you are unsure how to begin a fitness regimen appropriate for you, contact your physician for assistance.

Note to smokers and caffeine drinkers: If you smoke, it’s essential to quit before you arrive. Using your course as a means to quit smoking is NOT recommended. You will be put in a number of stressful situations and a person suffering from nicotine withdrawal may not be able to effectively deal with those situations. If you drink caffeine, it is also essential to significantly reduce your level of consumption prior to your course start. Caffeine withdrawal may cause severe headaches which can hinder your progress on course.

SHELTER

Each crew will be given large tarps to set up as shelters. You will also be given a ground sheet and a foam sleeping pad to place under your sleeping bag.

FOOD

Outward Bound practices Leave No Trace camping ethics. Therefore, we seldom build fires. You will be cooking on gas camp stoves. Your instructors will teach you backcountry cooking techniques and you will be responsible for helping with the preparation of all meals for yourself and your crewmates. Your diet will be a mix of dehydrated foods, fresh fruits and vegetables. We use rice, tortillas, crackers, salami, cheese, peanut butter, jelly, tuna fish, pasta and trail mixes. The amount of physical activity you experience during your course demands a nutritious diet to help fuel your body. Junk food is not available on course. If you have special diet requirements, make sure we are aware by recording these requirements in your Medical Record booklet. For more information on nutrition, refer to the Medical Record booklet.

HYGIENE

You will be outside while on course and won’t have access to a shower or bath. You will be able to do basic cleanup every day: brush your teeth, wash your face and comb your hair. At the end of your course, you will be able to do a more thorough cleanup. Our staff are very skilled in field hygiene so please don’t hesitate to approach them with any questions or concerns.

WASTE MANAGEMENT

Since North Carolina Outward Bound is an outdoor program, you can expect to learn and use Leave No Trace camping techniques. Know that it is natural to have questions regarding sanitation in an outdoor setting. Your instructors will answer your questions and will teach you the hygienic and environmentally safe way to dispose of waste.

BACKPACKING

During your course, you will be backpacking approximately nine to 12 days. These days will be divided into three phases—training, main and final. During the training and main phases, you learn safety precautions for backcountry foot travel, how to find campsites, how to navigate terrain as well as how to use a map and compass. Equally important will be time spent learning conflict resolution, communication styles, leadership and team building. During the Final Phase, your instructors will step back and let you and your crew work together to collectively navigate through the wilderness.

Since your crew's navigation depends on individual and group decision making, your crew could make some navigational errors along the way. You may hike 12 to 15 hours in one day to reach your destination or you could go three miles uphill one day and 12 miles over varied terrain the next day. The backpacks can weigh 55+ pounds. Remember, PHYSICAL PREPARATION IS KEY!

ROCK CLIMBING AND RAPPELLING

Weather permitting, you may spend up to three days rock climbing and rappelling. With a focus on the practice of safety, your lessons will start with the basics, such as working with ropes and learning to tie knots used for climbing and rappelling. You will progress to:

1. **Top-Rope climbing or “top-roping”:** A style of rock climbing in which a rope runs from a belayer at the foot of a route through one or more carabineers connected to an anchor system at the top of the route and back down to the climber. The rope is attached to the climber by means of a harness.
2. **Rappelling:** A means of controlled descent to lower yourself down a cliff, rock face or some other high location.

You may progress to:

3. **Multi-Pitch climbing:** The ascent of climbing routes with one or more stops at a belay station. Each section of climbing between stops at the belay stations is called a pitch. The lead climber ascends the pitch, placing gear and stopping to anchor themselves to the belay station. Your multi-pitch climb may have up to five pitches and may be graded 5.4 to 5.9.

Depending on weather and group dynamics, your crew may have an opportunity to experience a high ropes course.

WHITewater CANOEING

Weather permitting, you may spend up to three days canoeing on the French Broad or Tuckaseegee Rivers. Occasionally we may also use the Chattooga, New and Nantahala Rivers. You will be using tandem (two person) canoes. Some of the topics you may cover during this portion of the course include:

- Basic water safety and rescue techniques.
- Identification and use of paddling equipment.
- How to work with your paddling partner to successfully negotiate class I-III rapids.
- Advanced skills including flatwater and whitewater paddling strokes and maneuvers.

It will be necessary for you and your crewmates to perform a rapid swim assessment; as well as a flip and swim (or canoe capsize) assessment in the river. This activity is closely monitored by your instructors and river specialists. It is critical for us to determine your whitewater paddling comfort as you and your crew maneuver challenging rapids. Even if you are a non-swimmer or weak swimmer, you will still participate in this safety assessment. All students will be wearing safety helmets and personal floatation devices (PFDs) during the assessment. Helmets and personal floatation devices (PFDs) are required apparel anytime students are on the water.

SERVICE

Service will be a continuous theme throughout your course. The ethic of service is practiced through Leave No Trace camping techniques, reaching out with compassion to your fellow crewmates and working together as a team to overcome the challenges of Outward Bound.

On your course, the ethic of service is practiced in greater depth and often includes a service project. Projects range from campsite restoration and maintaining hiking trails in the wilderness to supporting the surrounding communities by assisting families in need, sharing outdoor activities with disadvantaged children or helping in local wildlife restoration centers. Service projects typically last 6-8 hours. **Alert your instructor AT COURSE START if you need written verification or documentation of service project hours.**

SOLO

Solo typically occurs more than halfway through your course and may last from 48-72 hours. Your instructors will assign each participant an individual campsite within a designated area. You will have appropriate clothing, food, water, shelter, your sleeping bag as well as your compass and whistle. Your instructors will teach you procedures to follow during solo and monitor you during this experience. You will know the location of your instructors' solo site should you need to contact them; otherwise it is essential that you remain at your solo site. During solo, you will take time to relax, recharge and reflect on your progress while on course. Solo is also a good time to write in the journals we provide. NOTE: Solo is not a "survival test."

PERSONAL CHALLENGE EVENT

At the end of your course, you will participate in a personal challenge event. This is a great time to see how much your physical fitness and endurance have improved since you began your course. This event will be a running activity. It is not a race. Your instructors set a certain route for your crew and you complete the route at a level that will challenge you the most.

GIRLS ONLY

Our Girls Only courses offer the same challenges noted above with an added focus of sharing an all-girl experience led by passionate, talented female instructors.

BACKGROUND READING

Here are some books that we encourage you to read as you plan for your course:

The Outward Bound Wilderness First-Aid Handbook by Jeff Isaac

Leave No Trace: A Practical Guide to the New Wilderness Ethic by Annette McGivney

Knots & Ropes for Climbers by Duane Raleigh and Mike Clelland

The Outward Bound Backpacker's Handbook by Glenn Randall

The Outward Bound Map & Compass Handbook by Glenn Randall



CLOTHING AND GEAR

NORTH CAROLINA MOUNTAINS 22-28 DAY COURSES

WHAT WE SUPPLY

North Carolina Outward Bound supplies the technical equipment needed for your course including a backpack, shelter, sleeping bag, sleeping pad, rain gear, compass, cooking equipment and eating utensils. At the end of course, you will clean all gear that was issued to you. Bring only the items on the Clothing and Gear list.

WHAT TO BRING

Because our courses are characterized by unpredictable weather, obtaining the proper clothing is crucial. Please bring the items on the Clothing and Gear list as described. You can find these items at camping, outdoor and thrift stores, Army/Navy surplus, outlets, and mail-order catalogs.

Clothing and gear can be expensive. Shop around before you buy. Buy last year's model; don't worry about colors or style. Your choices should be governed by whether or not the piece of clothing or gear will meet our requirements, not if it is the best looking or newest! Many students use the following websites to shop for clothing and gear:

Recreational Equipment Incorporated - www.rei.com

Eastern Mountain Sports - www.ems.com

Sierra Trading Post - www.sierratradingpost.com

Campmor - www.campmor.com

When you arrive for course start, you will not have an opportunity to purchase forgotten items!

FABRICS

It is important that all your clothing be comfortable, quick-drying and warm. Fabrics such as polyester, polypropylene, fleece, acrylic, rayon, wool or name brands like Polartec™, Thinsulate™, COOLMAX® and Capilene are just a few favorites of outdoor enthusiasts, since they retain much of their insulating qualities when wet. There are other brand names as well. Check with a sales associate or mail-order representative. Do not bring down, denim or cotton clothing (unless otherwise indicated).

Our Clothing and Gear list reflects the layering principle. Several layers of light clothing keep you warm and can be adjusted to changes in both weather and activity. For example, wearing a polypropylene undershirt, a mediumweight wool or synthetic sweater and a fleece jacket allows you to adapt to changing conditions.

PACKING AND STORAGE

Our courses are characterized by changing weather conditions; **bring everything on the list**. Pack your clothing and gear in a duffel bag or soft luggage container. When you arrive, you will receive the items Outward Bound provides (see "What We Supply" section). Before your expedition, your instructors will assess your clothing and gear with the route and the anticipated weather in mind. We suggest leaving the tags on any items you purchase in case you don't pack them for expedition. Please check with the sales person to confirm their return policies. You will keep personal items such as clean clothes (for your return trip home) and valuables (cell phones, electronic devices and wallets) in your duffel or soft luggage container. These items

will be stored at our base camp facility in a locked storage bin while you are on course. Leave expensive items at home.

MEDICATIONS

Prescription medications brought on course must arrive in the original container with the prescription label intact. The prescription label is documentation for use of the medication while on course. The container should not include other medications, vitamins, etc. Refer to the Medical Records booklet - "Medications". Do not bring non-prescription medications such as aspirin, Advil, etc., unless it is listed in your Medical Record booklet. We have a medical kit that contains these medications.

Participants will not be permitted to begin their course without their required medications OR with new medications not approved by our Medical Screener.

After your Medical Record has been approved, if you start taking a new medication, stop taking an existing medication or change the dosage of a medication, the action (s) could affect your status on course. Therefore, be sure to contact our Medical Screener with any medication changes.

If possible, bring a double supply. During travel, pack essential medications in carry-on luggage.

YOUR EYES

North Carolina Outward Bound staff recommends glasses with a holding band versus contact lenses. It is more difficult to maintain adequate hygiene when wearing contact lenses in a wilderness setting. Wearing contact lenses may put your eyes at risk of infection or corneal ulcers. These conditions can develop very quickly and can be very serious. In rare cases, these conditions can cause blindness. If you do choose to wear contact lenses, bring both a backup pair of contacts and glasses. Be sure to bring enough contact lens solution and be diligent in your contact lens routine. For more information please visit the FDA website:

Food and Drug Administration - [Contact Lenses](#)

SKIN CARE

Remember – you will be outside the entire time you are on course. Keeping yourself protected against insect bites, sunburn and other types of skin irritation is important to your comfort and safety on course. It is your responsibility to follow your instructor's directions and monitor how your skin is reacting to the environment. We don't want you leaving course sunburned or covered with insect bites.

It is clear to wilderness enthusiasts that the best protection from biting insects, bugs and sunburn is the physical barrier of clothing. Therefore, we emphasize that you bring the required clothing and gear listed. DO NOT bring "short" shorts! If you do, you are only exposing your skin to insect bites, sunburn and abrasions as you expedition.

If you are traveling by air, be aware of TSA guidelines. To avoid TSA taking items out of your carry-on luggage (like insect repellent and sunscreen), pack these items in your checked luggage or do not exceed size specifications. For more information please visit the TSA website:

Transportation Security Administration - [Carry-ons](#)

MONEY

You should bring approximately \$50 with you. You may encounter food and lodging expenses before and after your course. In addition, you and your crewmates are financially responsible for any lost or damaged NCOB gear or equipment.

ELECTRONIC DEVICES AND COMMUNICATION

Cell phones, tablets, GPS devices, and all other electronic devices (except digital cameras) are not permitted on course. Electronic devices can be distracting and disruptive to the wilderness experience. Stepping away from these devices encourages participants to focus on their experience and their crewmates.

Cell Phones: Although cell phones are not permitted on course, traveling to and from your course with a cell phone and a charger is encouraged. At course start, you will be asked to turn off your cell phone and store it in your personal luggage. Your luggage will be locked in a group storage bin at our facility while you are on course.

Cameras: Cameras are welcomed at North Carolina Outward Bound. We recommended waterproof disposable cameras. If you elect to bring a non-disposable camera, we advise that you store it in a small “dry bag” or plastic zip-lock bag. Our courses are rigorous and there is a risk of losing or damaging your camera. **Cell phone cameras, tablets and any other Wi-Fi enabled electronic devices with built-in cameras are not permitted on course.**

Postal Mail: Mail can be sent and received. Delivery may take up to one week from the time it reaches our base camp. You will receive address information prior to your course start. **Remember to bring postcards or stationery and envelopes with stamps attached so you can write to your family and friends while you are on course.**

Emergency Communication: If a family emergency occurs while the course is in progress, emergency messages can be relayed by calling our toll-free number (1-800-878-5258) on weekdays 8:30 AM – 5:00 PM eastern time. Before your course begins, you will receive an email that provides an after-hours and weekend emergency phone number.

FOOTWEAR

Proper footwear is essential for your safety and enjoyment. Shopping for outdoor footwear can be confusing for even the most experienced hiker. You should be able to find good boots at reasonable prices. Take the following information with you when shopping.

BOOTS

The best boot for our terrain is a light to mediumweight boot that has ankle support, leather, nylon or Gore-Tex upper, and a hard rubber lug sole (looks like a tire tread). Crepe soled boots, “approach” shoes and “trail” shoes are not acceptable. Do not buy mountaineering boots or high boots that constrict the calf. Your boots should be waterproof and comfortable.

FITTING YOUR BOOTS

A proper fit is essential. You are unlikely to judge this walking around a store. Some retailers will allow you to purchase your boots with the understanding that if you wear them indoors for several hours and they do not feel comfortable, you may return them. Experiment with lacing the boots in different ways to get the most comfortable fit. Boots should have a snug-fitting heel to prevent excessive heel lift which can cause blisters. There should be plenty of toe room, even when walking downhill. Try your boots for fit on both an incline and a decline. Fit your boots with the socks you will wear on course. A light, wicking (polypropylene, sheer wool or nylon) sock next to the skin, combined with a wool sock, provides both cushioning and protection from friction.

TEST TO ENSURE A PROPER FIT

Fit your boots with the socks you will wear on course.

Test 1: With the boots unlaced and your toes touching the front of the boot, the boot should be large enough to place your forefinger between your heel and the heel of the boot.

Test 2: With the boot laced, your heel must be firmly lodged in the heel cup with very little lift when you walk.

Test 3: The boot should fit snugly around the ball of your foot so that when you twist your foot it does not move or slip inside the boot.

Test 4: When on a steep incline, or when tapping the front of your boot against the floor, your toes should not hit the end of the boot.

BREAKING IN YOUR BOOTS

Begin wearing your boots long before your course starts. Wear them around town and at home as much as possible every day for several weeks. You should put 10+ miles on your boots to break them in, walking on both level and rough terrain. If you start feeling any hot spots, treat them immediately using moleskin to protect against the hiker's worst enemy: the blister! Be kind to your feet.

WATERPROOFING YOUR BOOTS

After you are certain your boots fit properly, make sure they are waterproofed. Some boots are already waterproofed when they are purchased; but if not, follow the sales associate or manufacturer's recommendations concerning the type of waterproofing to purchase.

FEMININE CARE INFORMATION

Increased physical activity during Outward Bound may cause a change in your menstrual cycle. Even if you don't expect your cycle during course, come prepared by bringing the following items:

- twice the number of tampons, pads or panty liners you normally use during your cycle. If you use tampons exclusively, we suggest bringing panty liners as well.
- 1 to 2 extra pairs of underwear
- 1 to 2 opaque* quart-sized zip-lock bags or small soft cosmetics bags to store your unused feminine products.
- 1 to 2 opaque quart-sized zip-lock bags or small soft cosmetics bags to store your used feminine products.
- 1 opaque* gallon size freezer-grade zip-lock bag or medium-sized soft cosmetics bag. This bag will hold the two smaller bags noted above, plus the following items:
 - 1 travel pack of feminine or baby wipes
 - Extra bandanna (can be used after the wipes to help keep clean and dry)
 - 1 travel size bottle of instant hand sanitizer or anti-bacterial soap that does not require water

* Not transparent. If using zip-lock bags, we recommend placing duct tape around them to make them opaque.

We practice Leave No Trace camping techniques. Therefore, we pack out all that we pack in. This means that you will be expected to store used products until you reach your next re-supply. Re-supplies often occur every three to seven days. You will then be able to dispose of any used items.

Your instructors are very experienced in helping to solve feminine care concerns while on course. Don't hesitate to ask them questions.

CLOTHING AND GEAR

This Clothing and Gear list is the result of many years of staff and participant feedback. Please follow this list closely. Points to keep in mind while planning and shopping:

- Changing weather conditions may require use of all of these items. Keep receipts and tags from new purchases so any unused items can be returned after course.
- Clothing should be made from synthetic or wool fibers such as polyester, polypropylene, fleece, acrylic, rayon, wool or name brands like Polartec™, Thinsulate™, COOLMAX™ and Capilene.
- Wearing white or light colored clothing keeps you cooler; in addition, they attract fewer biting insects. Dark colors are acceptable for insulating attire.
- Cotton clothing loses its insulating properties when wet. Also, cotton does not dry quickly in the outdoors. For these reasons, do not bring items made with cotton unless otherwise noted.

REQUIRED UPPER BODY CLOTHING

- 1 mediumweight fleece jacket or pullover (200 weight fleece)
Comfortable, breathes well, insulates when wet. A sufficiently warm wool or wool/synthetic sweater may be substituted - if in doubt, bring two sweaters.
- 1-2 lightweight synthetic long underwear tops
- 1 long sleeved, light colored button up shirt
- 3-4 synthetic t-shirts
- 3 sport/jog bras (if applicable)

HEAD

- 1 mediumweight fleece or wool hat that covers your ears and the back of your neck
- 1 wide-brimmed sun hat or baseball cap
- 1 bandanna (used to shield your head, neck or face from insects and sunburn)
- 1 bug head net (mesh needs to be small enough to protect against no-see-ums and mosquitos)

EYES

- 1 pair sunglasses
- Prescription eye wear and/or contacts (if applicable)
Bring an extra pair in case of loss or damage. If you have limited vision without your glasses, bring prescription sunglasses.
- Retainer straps (make sure they fit your glasses tightly and have an adjustable strap)
- Hard cases to store glasses

HANDS

- 1 pair of lightweight polypropylene glove liners

REQUIRED LOWER BODY CLOTHING

- 1-2 lightweight synthetic long underwear bottoms
- 1-2 pairs of quick-dry nylon trekking pants (can be the type that converts to shorts)
- 2-3 pairs of quick-drying nylon shorts (at least one with liner; no “short shorts”)
- 6-8 pairs of synthetic, quick-dry (not cotton) underwear or boxer shorts

FEET

- 1 pair of light to medium-weight hiking boots (see “Footwear” section)
- 1 pair of lightweight running shoes (to be used for running and can be used as your CAMP SHOE)
- 1 pair of CAMP SHOES: The running shoes listed above may double as your camp shoe, OR you can bring a Croc-type shoe or a sport sandal. This camp shoe MUST fit securely, have a hard sole, be closed toed, and enclose the majority of the foot.
- 4-6 pairs of mediumweight wool or synthetic socks
- 2 pairs of lightweight synthetic liner socks

ADDITIONAL REQUIRED ITEMS

- \$50 cash (see “Money” section)
- Prescription medication (if applicable)
- 1 LED style headlamp with 1 spare set of batteries (recommended) OR 1 standard headlamp with 3 sets of spare batteries and one spare bulb. Avoid halogen bulbs to prolong battery life.
- 1 small bottle of insect repellent (no aerosol or wipes)¹
- 1 waterproof watch with alarm
- 1-2 tubes of sunscreen SPF 30+ (should be less than 1 year old)¹
- 1-2 lip balms SPF 30+ or greater
- 3 pens or pencils
- 1 old twin flat sheet (39 x 75 inches) or sarong (55 x 57 inches) or shemagh (44 x 44 inches) to cover up from bugs on hot nights and for discrete clothing changes
- 2-4 gallon-sized zip lock bags (for keeping items like notebook, camera dry and clean)
- Travel size toiletries for expedition: small toothbrush, small tube of toothpaste, comb or brush (we will provide you with biodegradable soap)
- Travel size toiletries that will stay at base camp: shampoo and conditioner, soap, towel, toothbrush, tooth paste, comb or brush (for post course clean up.)¹
- 1 set of extra clothes for travel days

¹If you are traveling by air, be aware of TSA guidelines. To avoid TSA taking items out of your carry-on luggage (like insect repellent and sunscreen), pack these items in your checked luggage or do not exceed size specifications. For more information please visit the TSA website:

Transportation Security Administration - [Carry-ons](#)

OPTIONAL ITEMS

It's nice to go light, but many past students also recommend bringing the following items:

- Trekking poles: Help distribute weight while hiking with heavy packs; great if you have weak ankles/knees
- Medicated powder like Gold Bond™
- Postcards/stationery/envelopes/stamps
- Crazy Creek camp chair
- Camera (with extra batteries and memory card or extra film)
- 1 Swiss Army type knife or multi-tool with can opener (**ADULT COURSES ONLY - age 18+**)
- 1 pair climbing shoes (if your course includes rock climbing; must be inspected and approved by instructors at course start)

IMPORTANT NOTE ABOUT MEDICATIONS

Refer to section titled MEDICATION in this Clothing and Gear booklet or contact our Medical Screener at medical@ncobs.org or 1-800-709-6098.