

# 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) – *Use your hiking shoes, they get wet and dirty anyway.*
  - 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 The Sea

## MOUNTAIN WEEK

- SUNDAY Arrive; Check in at Cheerio Adventures 2:00-3:00 PM
- MONDAY **BACKPACK**  
Depart for Pisgah National Forest  
Backpack in the Wilson Creek area  
Camp in Pisgah National Forest
- TUESDAY **BACKPACK**  
Continue backpacking
- WEDNESDAY **CLIMBING**  
Climb all day at table rock
- THURSDAY **CAVING**  
Cave all day in Worley's cave  
Leave for West Virginia
- FRIDAY **RAFTING**  
Raft all day  
Return to Cheerio Adventures
- SATURDAY **KAYAK- NROC TO BIG TREE**  
Kayak all day on the New River  
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 8:00-9:30 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.