



NORTH CAROLINA
OUTWARD BOUND SCHOOL

Pre Conference Program Plan

Day 1: Oct 29

9.30a.m. – Depart AVL airport for Cedar Rock

10.30-11.00a.m. - Arrival at Cedar Rock

Lunch

Open ropes course, climbing wall, Jacobs ladder

7.00p.m. Dinner

Day 2: Oct 30

7-8a.m. - Hot breakfast, make packed lunch

8.30a.m. Depart for Activities (times are subject to change depending on activity)

- 1 crew (12 people) Day hike
- 1 crew (12 people) Paddle
- 1 crew (12 people) Climbing

7.00p.m. Dinner

Day 3: Oct 31

7-8a.m. - Hot breakfast, make packed lunch

8.30a.m. Depart for Activities (times are subject to change depending on activity)

- 1 crew (12 people) Day hike
- 1 crew (12 people) Paddle
- 1 crew (12 people) Climbing

4.30p.m. Return back to base

5.30p.m. departure to Kanuga