

PAMLICO SEA BASE

Sea Kayaking Trek Planner

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PREPARING AND TRAINING FOR SEA KAYAKING

Mental Training

One of the most common quotes we hear every year is that the trek was "90% mental and 10% physical". All routes are able to be completed by any person who

Weight and Height Chart

Each participant in a Sea Kayaking trek must not exceed the maximum acceptable limit in the weight of height chart shown below. The right hand column shows the maximum acceptable weight for a person's height in order to participate in a kayaking program Those who fall within the limits are more likely to have an enjoyable trek and avoid incurring health risks. Each kayaking trek involves each individual paddling a 50 lb kayak plus food water and gear. The average weight limitations of the kayaks used at the Sea Base is 400 lbs.

Please understand that those individuals who are overweight in size may cause more problems for their own crew. Individuals who need to be removed from a trek for this reason will do so at their own expense.

Under no circumstances will any individual over 295 lbs be allowed to participate regardless of height or age.

HEIGHT	RECOMMENDED WEIGHT (LBS.)	MAXIMUM ACCEPTANCE (LBS.)
5'0"	97-138	166
5'1"	101-143	172
5'2"	104-148	178
5'3"	107-152	183
5'4"	111-157	189
5'5"	114-162	195
5'6"	118-167	201
5'7"	121-172	207
5'8"	125-178	214
5'9"	129-185	220
5'10"	132-188	226
5'11"	136-194	233
6'0"	140-199	239
6'1"	144-205	246
6'2"	148-210	252
6'3"	156-222	260
6'4"	152-216	267
6'5"	160-228	274
6'6"	164-234	281

6'7" & taller	170-240	295
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Health and Medical Records

Every participant is required to have a medical evaluation within the past twelve (12) months by his or her family doctor. The BSA Class III Medical Form must be used. Adult leaders need to collect and review each participant's medical form prior to arriving at camp in order to be familiar with any health restrictions.

The medical forms will be turned in at the Sea Base Headquarters and a copy will be carried on the trek with the staff guide.

Individuals with certain health restrictions such as bee stings, dietary needs or any other that directly affect trek planning are required to notify the Sea Base Director in the pre registration process.

Accident and Sickness Insurance

Each participant is required to attach a copy of their personal insurance information along with their medical forms. Please include the company name and policy number of their family insurance policy and attach a copy of the insurance card.

Kayak and Cockpit Size and Dimensions

Unlike canoeing your waist and hip size may be a deterrent in your ability to safely control a sea kayak. Individuals overall body height will also affect their ability to control the boat. The following dimensions are that of the boats used at the Pamlico Sea Base.

Length: 14' 6" (4m 42cm) | Width: 25" (64cm)
 Weight: 55 ibis
 Hatch Volume: 1500in / 5100in (25 / 84 liters)
 Max Load: 300lbs (136kg)
 Cockpit: 34" x 19" (86 x 48cm)

It is highly recommended that before your arrival at the Sea Base you and your crew do one of the following:

1. Go directly to an outdoor supply retailer and physically sit in a similar kayak. Most outfitters will understand and allow you to try one of their boats in the store.
2. Go directly to a facility that rents similar kayaks to the general public and physically sit in and paddle the kayak. It is recommended that you rent the kayak for at least a half-day and paddle for at least 4-5 hrs.

Physical Training

Sea kayaking on the coastal waters of North Carolina can be physically challenging. While each itinerary is a progression it is highly recommended that you arrive physically capable of enjoying your trek.

Although you can start kayaking without any preliminary physical training, your body will appreciate a few good stretches and some strength-building exercises. Include exercises that target some specific paddling muscles, such as biceps, triceps, forearms, torso, and lower back. Since all paddling requires strong wrists, you might also consider strengthening your wrists by squeezing putty or a tennis ball for a few minutes several times a week.

Energetic walking, swimming, or bike riding will add a great deal to your paddling fitness and overall strength. Kayaking requires a high level of cardiovascular fitness. Although you don't use your legs much in kayaking, they're the best muscles to exercise the heart.

Leg Workout for Paddling

Sissy Squats - Basic (balance, strength)

Muscles Used: *Quadriceps, Gluteus Maximus*

Used In: Loading, Lifting and Portage

Sets: 3 Reps: 20

Begin by standing upright with the feet shoulder width apart. Point the toes outward at a 45-degree angle.

Use a paddle, broomstick or dowel, placed in front of you, for balance.

While squeezing your abs and thighs, start the exercise by standing on your toes, and then squat down as if sitting on a chair. Inhale on the way down.



Keep your back straight and the shoulders and chest in line with the hips. Stop when your thighs are parallel to the floor.

Do not lean forward or rock your chest out over the knees.

Now, pressing with the thighs, push back up to the starting position. Exhale as you push. Do not pull yourself back up using your arms! The paddle is only for balance.



Back Workout for Paddling

Lat Pulls - Basic (strength, muscle tone)

Muscles Used: *Latissimus Dorsi, Biceps, Rear Deltoid*

Used In: All sweep strokes, High Braces, Forward Strokes, Rolls

Sets: 3 Reps: 20



This exercise works the muscles of the back that gives bodybuilders that V shape. For the kayaker these muscles gives more power to any stroke in which you will "hang" on the paddle - sweeps, rolls and high braces.

Begin with the hands slightly wider than shoulder width apart. Sit up straight with the back arched.

Take a deep breath....



...then, flex the lats by rotating the shoulder back, pulling the shoulder blade under, and pulling down. Inhale as you pull and flex.

Try not to pull with the arms!

It will help by using a light enough weight that you can flex only the lats. Extend the chest out to meet the bar, but stop the bar just below the chin.

As you repeat the exercise, going back to the starting position, do not let the weights touch. Do this by keeping the elbows bent slightly. Inhale on the way up.

One Arm Rows

Isolation (strength and muscle tone)

Muscles Used: Teres Major & Minor, Latissimus Dorsi, Biceps, Rear Deltoid, Trapezius

Used In: Forward Strokes, Rolls

Sets: 3

Reps: 20



One-arm rows will strengthen most of the major muscle groups of the back as well the rear deltoids of the shoulders.

Using a flat bench for support, place one knee on the bench and one foot, to the side, on the floor. Brace the upper body by holding the bench using the arm on the same side as the knee.

Keeping the weighted arm straight, reach forward and stretch the upper back.

Now, pull the weight up using the muscles of the back and not the biceps.

Keep the back flat through out the exercise. Avoid rotating the shoulders and hips as you pull.

Exhale as you pull. Inhale as you release and stretch.

Alternate sides and count both sides as one full set.

PERSONAL EQUIPMENT

The Equipment list on the following page is the gear that you will actually need from Monday morning to Friday afternoon. Participants will need to bring personal clothing for Sunday and Friday night.

When prepping for your trek keep in mind that packing for backpacking and sea kayaking are very similar.

- As with backpacking you are packing a bag of bags.
- Pack clothing in zip lock bags to provide extra protection against possible exposure to water or the elements.
- Also keep in mind that weight is also an obstacle, a boat that is packed lighter will be easier to handle and move faster.
- The size of objects you bring will be your main item of focus. Be sure to use the sizing of dry bags mentioned when practicing packing your gear. Then main goal is to bring clothing that can be folded very small, compact items that can fit into each other, and place serious thought into the actual need of certain items.

Crew Gear provided by the Sea Base:

Kelty Gunisenn 2 man tents
Kelty Noah 9 & 12 tarps
MSR Windpro butane stove
MSR cooksets
All cooking equipment
All dry bags for food and equipment storage
Kayaks with pfd, spray skirt, paddle and bilge pump
Emergency equipment including VHF radio, aerial and signal flares
Group size first aid kit
Kayak and equipment repair kit

EQUIPMENT

Personal Gear Checklist

Each participant in their own kayak will carry the following items.

Clothing

- 2 Lightweight t-shirts
- 1 Lightweight long sleeve button up shirt
- 2 pair of socks
- 1 pair of sandals or water shoes
- 1 pair of shoes to be kept dry
- 1 pair of swimming trunks
- 1 pair of shorts (or pants below)
- 1 pair of zip off convertible pants
- 1 full brimmed hat
- 1 lightweight rain jacket
- 3 pairs of under wear
- 2 bandanas

Sleeping Gear

- 1 light weight summer sleeping bag or fleece blanket or poncho liner
- 1 sleeping pad or folding crazy Creek camp chair

Personal Gear

- SPF 45 Sun block
- Sunglasses with cord
- Flashlight or headlamp
- 1 small bottle of insect repellent (spray or liquid only, no aerosol cans)
- 1 small bottle of biodegradable soap
- Baby wipes
- 1 small knife
- 1 tube of travel size toothpaste (travel or sample size)
- 1 small towel
- 1 tooth brush (travel or sample size)
- 2 32 oz Drinking bottles
- Sunglasses

Eating Gear

- 1 Bowl
- 1 Spoon
- 1 mug

Optional items

- Chap Stick
- Fishing pole and set
- Books or journals
- Nature guides
- Camera

Other Equipment

The items in this column can double with the equipment you will bring on the trek. The preference is up to you.

Sunday Check in

- 1 pair of swim trunks
- 1 pair of shoes to get wet
- Sunscreen
- 1 change of clothes for Sunday evening

Friday return

- 1 complete set of clothing
- 1 pair of dry shoes
- shampoo
- soap
- towel
- toiletries
- 1 set of clothes for ride home Sat. a.m.

Thursday Night

If your trek ends in Ocracoke on Thursday evening you may also want to bring a pair of clothing to change into for Thursday night and Friday. Showers will be available.

Additional Items

- Spending \$ for camp store and on trek
- Signed Release Form
- Complete Class III Medical Form
- Medication with directions
- Extra Snacks
- Personal first aid kit with:
 - Band-Aids
 - Neosporin
 - Anti-itch cream
 - Baby powder

DO NOT BRING

- Electronics other than cameras
- Aerosol bug spray or sunscreen
- Any form of a weapon
- Fireworks
- Metal detectors

TIPS ON EQUIPMENT

Clothing

It is recommended that all clothing be extra lightweight, fast drying and very loose. Dark colors are not recommended. Temperatures can range from the high 80's up to 105 degrees during the daytime.

1 LIGHTWEIGHT LONGSLEEVE SHIRT: A strongly recommended item. If you only buy it for this week it will be worth it. Works well for cool nights, protection from the sun and insects. Best examples include the Columbia Bahama II. A lightweight long sleeve pull over will be an alternate substitute.

2 EXTRA PAIR OF SOCKS: Personal preference. After your feet have been wet most of the day a warm pair of socks can be a great comfort.

1 PAIR OF WATER SHOES OR SANDALS: High priority item. This is an item you will be in the entire week. Find a pair that fit and feel comfortable.

1 PAIR OF SHOES TO BE KEPT DRY: Optional item. Some prefer to stay in their sandals all week.

1 PAIR OF SWIM TRUNKS: You may consider bringing 2 pair depending on how long you plan to wear them. If you plan to wear both in the kayak and on land bring 2.

1 PAIR OF SHORTS: Great item to have to change into at night or to have to wear on land. Or you can bring a pair of convertible pants.

1 PAIR OF PANTS: Best friend of your long sleeve shirt. Zip off pants highly recommended. Pant will provide more protection from bugs and feel more comfortable in the sand.

1 FULL BRIMMED HAT: Highly recommend for sun protection. Light weight material is a must.

1 LIGHTWEIGHT RAIN JACKET: Very light weight and compactable. Choose a material that is flexible and breathable.

The above items are a combination of items that you will be wear and packing.

Remember to pack a set of clothing that you will leave behind at base camp for Friday night and Saturday morning, shoes included. Washers and Dryers are not available.

Sleeping Gear

1 LIGHTWEIGHT SLEEPING BAG: Due to the summer temperatures and the space available in kayak storage compartments a standard backpacking sleeping bag is not allowed. Either the fleece zip up bag (\$10.00) found in most Wal-Marts or the Kelty Light top 55 (\$50.00) bag are highly recommended. A simple sheet or military nylon poncho liner will also be acceptable. The dimensions for your sleeping bag when in its stuff sack should be no larger than 8"x16". Your sleeping bag should also be small enough that you can stuff it in the top of your dry bag.

1 SLEEPING PAD: The sleeping pad is not a dry bag item. A separate storage bag is recommended. You may also opt to bring a Crazy Creek style folding chair to double as a sleeping pad and chair during meals.

Personal Gear

SUNBLOCK: The best sunscreens for the backcountry are made with paraminobenzoic acid (PABA). The minimum SPF for sun block recommended is 45.

BABY POWDER AND BABY WIPES: The sand will be your worst enemy during your trek. To reduce chaffing or unpleasant smells it is recommended to bring along baby wipes and baby powder. Only individual bottles will be able to fit in your dry bags, large industrial sizes will take up too much room.

BIODEGRADABLE SOAP: Cleanliness during any multi-day expedition is crucial to your comfort. The traditional 'camp soap' travel bottles or Dr. Bronners products are acceptable.

SMALL TOWEL: A small camp towel can be used for a variety of different reasons, but mainly to brush off sand and to dry off. A large size bath towel will be insufficient as it will not dry fast enough or be compactable.

Travel size items: Due to the amount of time on the water small travel size toiletry items will be sufficient. They will also take up less room in your dry bag. You may find the items in any drug store or the hygiene section in Wal-Mart.

Dry Bag Sizes

Each participant will be issued two (2) dry bags to pack their personal gear in.

20 liter bag: 9 x 16 inches: 1170 cubic inches of space

10 liter bag: 8 x 14 inches: 620 cubic inches of space

Crews who wish to carry their own tents, stoves and cooking equipment should notify the Sea Base before their arrival at camp so the staff can prepare your trek accordingly. If crews opt to bring their own tents the staff guide will instruct the crew in methods needed to modify the tent for high wind and beach camping.

DAY 1 ARRIVAL AT CAMP

Early Arrivals

If your crew needs to arrive the day before your check in time please notify the Camp Director before hand. Please understand that no staff may be available and no program or program related material will be available for use. The dining facilities will not serve food until Sunday dinner. Shower facilities will be available.

Sleeping Quarters

Crews will spend the night at base camp on Sunday and Friday. Youth participants will be housed together in our custom tents. Adults will be housed in a standard BSA 2 man wall tent. Bug netting is highly recommended for your two nights at the Base Camp.

Medical Screening

Every individual will receive a medical screening by the Camp Health Officer upon his or her arrival. All documentation should be completed before you arrive. Any individuals who are on medication will need to notify the Health Officer at this time. We prefer that a copy of your Class III form be sent in early with your registration kit.

Swim Test

After your medical checks are complete every participant both youth and adult will be given a swim test by a Sea Base staff member in the swimming pool at Camp Bonner. Every individual must qualify as a swimmer in order to participate in a Sea Kayaking Trek. Those individuals who fail to become a swimmer will be given one more opportunity before the end of the day on Sunday. The swim test involves jumping into water over your head feet first, swimming 75 yards freestyle, 25 yards elementary backstroke, and tread water for one minute. It is recommended that crews complete their swim test before their arrival at camp if possible. A BSA Lifeguard, Aquatics Director, American Red Cross Lifeguard or an American Red Cross Water Safety Instructor can check a swim test. A copy of this individual's certification card must be turned into the Sea Base with their signature on the Unit Roster.

Kayak Skills Instruction

The majority of your first day will be spent in the kayaks. Your assigned staff guide will provide you with an introductory course in basic kayaking skills and handling. **Each participant will be required to complete a wet exit from their kayak and then get back into the kayak in water over their head.**

Gear Shakedown

During the gear shakedown each crewmember will spread their items out on a tarp and have them double-checked and approved by the staff guide. We will also provide a secure lock box for any vehicle keys.

Vespers

There will be a non-denominational service on Sunday night for participants. If needed the Sea Base staff can provide a directory for local churches in the area.

SAFETY AND HEALTH

During your stay at camp and on the trek your health and safety is our highest priority. Each staff member is as a valuable resource to your crew in adjusting to the environmental safety concerns of Eastern North Carolina. In order to live up to the motto “be prepared” we are providing your crew with several situations that your crew should be aware of before your arrival.

Cleanliness

Your biggest enemy during the course of the week will not be the heat or bugs but the sand. Sand will not only be a possible irritation on your body but it can become a hazard on all your gear. This environment requires a sense of delicacy and attentiveness when moving about. Participants have to become increasingly aware of their surroundings and movements within campsites. Participants should make every effort to continually keep their body clean. Just a small amount of sand in the wrong places can set the stage for a lot of nights without sleep.

Dehydration

The combination of sun, wind, and paddling will remove large quantities of water from the skin. To combat dehydration each participant is required to carry a minimum of two 32 oz water bottles each day on the trip. To assist your crew as a whole guides will recommend that you be on the water well before sunrise and off the water by lunchtime. Each crew will pack trail tarps for those campsites that may not provide adequate shading.

Sunburn

Sun damage to the skin before the age of 18 is a significant cause of malignant melanoma skin cancer later in life. In the outdoors and especially at high altitudes, low latitudes, and in areas where sunlight can reflect and ultraviolet light concentrate such as on water, sand, and snow—**crew members must protect themselves from sunburn.**

Prevent sunburn with the use of sun blocks, floppy (broad brimmed) hats, sunglasses, lip balm, and tightly woven clothing. About 90 percent of ultraviolet rays penetrate a foot of water and a light cloud layer.

A minimum of 45 SPF sun block is required.

Disposal of Garbage

Leave no Trace ethnics and training will be a topic of discussion as well as practice throughout your trip. The Cape Lookout National Seashore is a protected and fragile stretch of protected beachfront. Our duties as Scouts are to protect this piece of land and preserve its delicate ecosystem. Trek guides will help educate participants in the unique skills needed in order to leave no trace in ocean front camping. The motto “Pack it in, Pack it out” applies. Keep this in mind when packing any extra snacks.

Weather

Weather patterns on the North Carolina Coast during the summer can be fairly easy to predict and track. The average system will result from high humidity in the morning and previous day followed by a thunderstorm in the afternoon hours. While the actual rain from the systems will come as a blessing the thunder and lightening that follows will be a potential hazard. With little or no cover from a lightening storm on the outer banks it will be vital to monitor and read incoming weather fronts. Every route will include lessons in predicting and monitoring weather patterns and climate. To help make travel more comfortable routes and schedules may be altered due to weather. If the weather is predicted to have extremely high temperatures and humidity the crew will leave camp in the early morning hours to reduce the amount of paddling done in extreme sunlight. On any route, the overall goal is to be at the next campsite around noon.

High Winds

During the summer months the common wind direction originates from the South-to-South West. To help improve your ability to move effectively all routes will move in a Northerly direction. At certain times throughout the course of the summer a crew may experience gust speeds of up to 20-30 mph. Trek guides will help the participants in setting up their tent to help fight high winds.

Lightening

Paddling in a lightening storm is not recommended and against BSA Standards. Lightning strikes in, on or near open water account for one of the highest accident rates of any outdoor location. Water is an excellent conductor of electricity and your crew will make every possible effort to get off the water as soon as possible.

Hurricanes and Tropical Weather

The majority of Hurricanes and Tropical Storms that strike the NC coast can be predicted days in advance. In most cases you will be contacted before your arrival if we become concerned with a storm or with the local government issues evacuation notices.

In the rare insistence that your crew is on the water and has to be removed due to an approaching hurricane one rule will come into play: The Sea Base Staff Member has complete control over the group and is in charge. Due to the distance that you can potentially be away from the Base Camp it may take as much as 8 hours from the time your guide is instructed to evacuate to the time you arrive back at camp. Any hesitation from a participant not to follow the directions of the staff member in a life or death situation will not be tolerated.

Waste Disposal

The four objectives of human waste disposal are: avoid polluting fresh water sources, eliminate contact with insects and animals, maximize decomposition, and minimize the chances of social impacts. The practice recommended by the Cape Lookout National Seashore is to dig cat holes above the high tide line.

Accidents

Each crew will receive instruction on the equipment in the Trek Guides Safety box. This equipment includes the VHF radio that will allow participants to contact rescue personnel in the event that the guide is incapacitated in any way. Each Guide is trained in accident prevention, specifically to the potential situations that may arise in your environment. As part of your orientation on the first day of paddling the guide will review these potential hazards and what each member of the crew can do to prevent them.

WILDLIFE

Raccoons

Raccoons are typically nocturnal animals that will eat practically anything, including shellfish, rodents, berries, and insects. They are intelligent animals that quickly learn to associate humans with food and are excellent at breaking and entering. Once the “humans mean food” connection is made they never forget it. Raccoons are very persistent in their efforts to scavenge from humans. Returning again and again, they can keep you up all night as they noisily rummage through your gear. They will tear window screens and chew holes in tents, backpacks, and trash bags. One raccoon can steal all of the food out of your cooler in a few minutes. Raccoons have also been known to remove an unsecured storage compartment and chew the food out of a dry bag.

Seagulls

Seagulls are intelligent birds that, like raccoons, are not picky about what they eat. Normally they feed on fish, shellfish, carrion, crabs, insects, small birds, eggs, and small reptiles. Once they learn to accept handouts, they can become aggressive and bold enough to take food and bait out of your hand. Gulls that lose their fear of humans can be annoying as they hang around your picnic area waiting for food. More aggressive gulls have been known to steal sandwiches out of people’s hands and food and bait out of open containers. Gulls rarely act alone; one gull getting food will attract others.

Horses

Horses, particularly young foals, are naturally curious. It is tempting to try to touch them, feed them or to get close for a photo. However, wild horses are easily startled: they instinctively “spook” and run, or kick and bite. Mares will aggressively defend their young. Stallions will chase away intruders including dogs and humans. Humans or dogs can be accidentally run over, or be the unwilling recipient of a bite or kick. These horses do not eat domestic horse feeds such as grain or sweet feed. Leaving these or other food “treats” such as apples or carrots can cause sickness or even death. Bring binoculars and a telephoto camera. Watch from a distance.

Jellyfish

Most jellyfish found near our beaches are harmless to humans. The stinger cells in a jellyfish's tentacles are designed for use against small fish and other prey; most people never feel the effects. Those who are allergic to bee or ant stings need to exercise some caution.

If stung by a jellyfish, carefully remove any tentacles on your skin by using sand, clothing, towels, seaweed or other available materials. As long as the tentacles remain on the skin, they will continue to sting. If swelling and pain persist, seek medical attention.

Stingrays

The stingray is just one of the species of skates and rays that inhabit the coastal water. Its name comes from a sharp spine located at the base of its tail. This spine is used defensively and can inflict an extremely painful wound. Most injuries occur when a person steps on the ray either while wading or trying to recover a fishhook. If a stingray injures you, wash and clean the wound. If possible, soak the area in water as hot as can be tolerated for 30-90 minutes. Seek medical attention as soon as possible.

Fire Ants

These exotics were introduced from South America, and are associated with areas of disturbed habitats. They most commonly occur along roadways, lawns, pastures and other open sunny areas. Fire ants build mounds of excavated soils and organic materials. Their mound can be 10-24 inches in diameter and up to 18 inches high. Fire Ants are so called because their venom, once injected, creates a burning sensation. They are extremely aggressive and will swarm anyone or any thing that disturbs their nests. Although there have been reports of people killed by multiple stings, generally the stings are more irritating than anything else.

Ticks

Ticks are external parasites on mammals, birds, reptiles, and amphibians. Both males and females feed on blood. Ticks can be incredibly long-lived and are able to survive long periods of time without food (18 years in one laboratory experiment). They are also prolific with a female usually laying 6,000-8,000 eggs. The best means to prevent the transmission of tick-borne diseases is prompt removal of tick. To remove a tick, grasp it crosswise with narrow tweezers (do not rupture the tick) as close to the point of attachment as possible. Retract or pull tick firmly in the direction of attachment, some back-and-forth wiggling may be necessary. Do not twist or rotate the tick. Disinfect the site and wash hands thoroughly with soap and water.

Mosquitoes

Only the female mosquito sucks blood, which she needs to lay eggs. These mosquitoes are called "floodwater mosquitoes" because they lay their eggs singly on damp soil or vegetation in areas that are periodically wet. Male mosquitoes eat only plant nectar. They mate and die within 10-20 days. Female mosquitoes live about 3 weeks. Mosquitoes can be found year round in the seashore. Most mosquitoes feed just after dark and again before daylight. Itching bites and welts that can become secondarily infected are the primary result of a mosquito visit.

Biting Flies (Green Head, Deer, Black and Sand Flies)

These flies are common along the seashore from June through August. The females of this species are the ones most encountered since they are bloodsucking. The blood is used for reproduction. These flies are equipped with short mouthparts for piercing and sucking their bites are extremely painful. These flies are active only by day. They are particularly numerous in low wet habitats. These wet habitats offer an ideal nursery for fly larvae since they are semi aquatic in nature. The larvae may require up to one year to complete development.

Program Features

Of course we don't want you to travel all this way and just kayak, eat, sleep, kayak. Along each route are multiple opportunities for you and your crew to learn new skills and participate in exciting activities. These activities and sessions are taught as teachable moments with the participants practicing what they learn.

Activities and programs on all routes:

These are program features or activities that will be available on every trek. Each guide will be responsible in the instruction of these skills.

Leave No Trace Instruction

All of the routes provided by the Sea Base feature hands on leave no trace instruction. Leave No Trace is dedicated to promoting and inspiring responsible outdoor behavior through education, research, and partnerships. Crews will learn through hands on experience the critical points of Leave No Trace awareness.

Ocean Surf Kayaking

It's exactly how it sounds. Instructors will teach you how to use your kayak as a sit in surfboard. The thrill and speed of catching a wave and then using your skills to steer the boat is something to splash about. This is also a good practice ground for ocean side kayaking where learning how to properly beach a boat is critical.

Seafood

Now, no matter what meal is provided for your evening dinner, nothing will be as tasty as a freshly caught fish from the surf. If you wish you can bring your own pole or use one provided by the Base. Additional tackle will be available for sale at the base camp.

Conservation Projects

In keeping with the Aims and Methods of Scouting participants will work on various conservation projects throughout the summer. These projects will benefit the National Seashores ecosystem and facilities as well as prove educational. Scouts are asked to keep a cheerful spirit when working on the projects.

Weather

The weather segment of instruction will include a mixture or requirements from the Weather M.B. that pertain to the coastal environment. Topics will include Cloud formation, coastal weather patterns, daily build-up, fronts, and lightening

Navigation/GPS

Some may argue that flat coastal land is not the ideal place to learn how to read a map and compass. Well, think of it this way, how do you find that camping spot when the horizon looks the same. Not only are the basics of orienteering will come in handy you'll actually learn triangulation, measuring your travel time and estimate distance and speed. Each lesson in navigation will also include the use of a GPS and Map Grid in aiding the crew in pin pointing their location. Crews will carry both topographical maps and nautical charts, both of which will be provided by the Sea Base. Under the guidance of the Trek Guide crewmembers will use the skills they learn to navigate their own trek.

Life on the Water

Not only is seafood a good choice in restaurants but also it is a way of life for many coastal families. On trek you'll learn the importance of this valuable resource its history, and how to catch and cook it. You'll have an opportunity to catch various fish, oysters, crabs, shrimp and other aquatic life. Guides will teach you about flounder gigging', using a cast net, and surf fishing.

Area Attractions

N.C. Maritime Museum

The NC Maritime Museum's mission is to preserve and interpret all aspects of the state's rich maritime heritage through educational exhibits, programs and field trips. Museum exhibits include Coastal Marine Life, North Carolina's Working Watercraft, US Lifesaving Service and Commercial fishing. Displayed are a typical 1950's outboard motor shop and outboards, ship models, fossil and shell collections, an observation bell, coastal plant and animal life exhibit, indigenous watercraft and more. The museum is also home to artifacts found at the wreck site of Blackbeard's flagship the Queen Anne's Revenge.

U.S. Life Saving Station

A stop in Portsmouth Village will open your eyes to the determination and bravery needed to be a part of the US Lifesaving Corp. Now disbanded and replaced with the Coast Guard, the US Lifesaving service used to be the premier corps that would paddle large scale row boats into the ocean to rescue sinking boats.

Fort Macon State Park

At the easternmost edge of Bogue Banks, Ft. Macon is one of North Carolina's most visited state parks with around 1.3 million visitors each year. Initially the brick fort served to protect the channel and Beaufort Harbor against attacks from the sea. Today the danger of naval attack is remote, but during the 18th and 19th centuries this region was very vulnerable.

N.C. Aquarium

Whether it's behind the glass, at the touch tank, in the auditorium or out on a mud flat, what visitors remember most about an aquarium visit is their up-close experience with live animals. The aquarium educates the public about the state's fragile aquatic and marine resources. Display tanks are home to colorful fish and other marine life native to North Carolina waters.

Portsmouth Village

At the northernmost end of Core Banks at Ocracoke Inlet is Portsmouth Village. The village was established in 1753 to serve as the main port of entry to several coastal communities. During its heyday in the 1860's 600 people populated the village. After Hatteras Inlet opened, the village became less important in its port services. From 1894 to 1934 the population of Portsmouth centered on the lifesaving station. Today, the village looks much like it did in the early 1900's. The remaining homes, cemeteries, church and pathways are still used by former residents and their descendants. Currently the village is a ghost town with no full time residents.

Cedar Island National Wildlife Refuge

Mattamuskeet administers this 14,480-acre wildlife refuge on the southern end of Cedar Island NWR. Waterfowl abundant during the year are mallards, black ducks, redheads, pintails and green winged teals. Other wildlife at home in the refuges are raccoons, whitetail deer, black bear, woodpeckers and river otters.

Cape Lookout Lighthouse and National Seashore

Cape Lookout National Seashore is one of America's few remaining undeveloped coastal barrier island systems. It encompasses about 28,500 acres of island, most of which run roughly parallel to the eastern shores of Carteret County. Three islands make up the 56-mile seashore: North Core Banks (Portsmouth Island), South Core Banks (Cape Lookout), and Shackleford Banks. The seashores pristine ocean beaches are an incomparable escape for surfcaster, sunbathers, surfer, snorkelers and shell collectors. Other recreational pursuits in the park include picnicking, primitive camping, migratory waterfowl watching and hunting. The area is noted for its natural resources. Birds and animal are the only permanent residents. The endangered loggerhead sea turtle nests on the beaches each summer and seldom nests any farther north.

Ocracoke Island

Ocracoke Island, accessible only by water or air, is part of Hyde County. It is one of the barrier islands of the Outer Banks of North Carolina where the pirate Blackbeard is known to have once roamed. The Cape Hatteras National

Seashore, with the Pamlico Sound on one side and the Atlantic Ocean on the other, its 16 miles of sun-swept wilderness beaches offer something for everyone.

Shackelford Island

Shackleford Banks is part of the Cape Lookout National Seashore. This 2,500 acre barrier island is a proposed wilderness zone, and is now being allowed to return to its natural beauty. Vegetation on the island is rather diversified and represents one of the few rich remnants of maritime vegetation on the North Carolina Coast. In the late 1800's, severe hurricanes struck the island and killed most of the maritime forest throughout the island. Several people died and homes were destroyed or uprooted by the water surge. The people of Shackleford began moving off to neighboring Harkers Island and the mainland areas. Shackleford horses are a legend of controversy. They are wild animals and should be treated as such.

Camping Skills on routes

Tents

The Sea Base can provide ALPS Mountaineering Taurus 2-man tents for your crew. Crew guides will help participants in setting up tents in a coastal environment. Your crew also has the option of using your own tents. Keep in mind that if you bring your own they will need good ventilation and guy lines on the tarps to help anchor them down. At various moments there can be high wind gust that can damage a tent on the coast if it isn't anchored properly. Crew will use 15 in. stakes for the guidelines that will hold the tent in place. Every morning before packing the tent you will want to completely shake out all the sand and debris from the previous night.

Sleeping Bags

Sleeping bags have to be ultra light and extremely small when packed. DO NOT BRING a traditional sleeping bag it will not fit in the cargo hatch and it will be too hot for you to sleep in. Military Poncho liners, the Kelty Light top, or the fleece zip up bags found in Wal-Mart are recommended.

Dry Bags

Each participant will be given two dry bags to store their sleeping bag and personal belongings. Keeping the interior of your dry bag free of sand and moisture will be critical to your comfort on the trek. Guides will instruct participants in proper packing and folding to ensure the contents stay dry.

Clothing

The clothing you choose will be the key to your comfort. It is highly recommended if not almost required that you bring along ultra light weight clothing. A light weight 'fishing' shirt and light weight zip off pants are the preferred choice of most Sea base staff. Full clothing will provide comfort against both bugs and the sun. Another preferred method of clothing is bringing a set for the boat and a set for dry land.

Stoves

For ease of operation the Sea Base uses a large base Coleman canister stove.

Fires

Sometimes camping doesn't feel like camping without a campfire blazing at night. When possible and applicable guides will assist the crew in building a campfire on the beach. When building campfires on the trek it will be important to follow Leave No Trace and National Park Service guidelines. Fires will only be permitted below the high tide line with only deadwood found on the shore.

Tidal Influence

No one likes the feeling of being awaked at 2:00 in the morning from the high tide coming in his or her tent. Use the knowledge the guide will share to locate high tide marks and set your tent up away from them.

Cooling

As with any trip during the summer keeping your body cool and hydrated is a major concern. Always drink water, even if you're not thirsty. Carry a bandana that you can keep wet and around your neck. Bring and wear ultra

lightweight clothing that will allow your body to breath. You're surrounded by water; use it by jumping in and cooling off while at camp. Don't carry a big sleeping bag; you'll never get inside it any way. Sometimes even just a bed sheet will be ample.

Sand

When you live on it and around it for a week sand has the potential to become a nuisance. Unlike weekend vacations to the beach there won't be public showers available every night to wash it off. It will be important that you and your crew practice extra caution and be aware of your surroundings. Something as simple as putting a dry bag down on the sand and not washing it off can spread sand around your personal belongings. Sand and salt-water can damage electronic equipment, sometimes it's better to use a disposable camera rather than that nice \$200 dollar digital camera. Also don't bring items that are valuable to you that could potentially rust or become damaged.

DEPARTING CAMP

Ferry Information

At various spots on the trip your crew may have to be transported across a State operated ferry. Crews who select routes that end in Ocracoke Island will use the ferry to get back to the mainland to meet the van and kayak trailer. The ferry ride takes 2 1/2 hours and runs on a set schedule.

Gear Maintenance

Upon your arrival back at camp the first thing we ask is that you help us maintain our gear. Sea Base Staff will help your crew in getting all the camp gear cleaned and stowed.

After all the gear is cleaned and stowed participants are free to change and take showers before dinner, highly recommended.

Crew Debrief

At the close of the evening after dinner we like to get all the crews together for a debrief to talk about their week and share their tales with other crews that were out on the water.

Adult Leader Meeting

Before each crew departs for home we like to check-in with adult leadership and hear their evaluation of their week first hand. These meetings give you a chance to say in person what might be difficult to put on paper. It is also a chance for us to continue developing our program

Compass Rose Patch

Every participant who participates in a Sea Base trek will receive the camps one of a kind Compass Rose Patch. The Compass Rose is the directional marker found on all nautical charts. This patch cannot be bought and participants are only given one.

Departure Times

Crew may feel free to leave camp once all there gear is packed and stored and checked out on Friday. Saturday morning breakfast can be provided as early as needed depending on your projected departure time. We do ask that the crew leader notify us on Sunday night if you plan on departing early.

ROUTE SELECTION

It is important that you read the descriptions below and the individual routes that follow to select a route that fits the needs and goals of your group.

DOWN EAST: Down East is the local name for the land that stretches from the North River on the east side of Beaufort to Cedar Island. Here you'll find some of the most picturesque scenery in North Carolina—marshes, canals and undisturbed places filled with wildlife, particularly as you get closer to Cedar Island. Down East is also home to the Cape Lookout National Seashore. For coastal kayakers, the National Seashore is North Carolina's version of Mecca. Nowhere else on the southeast coast will you encounter such a long, uninterrupted string of pristine barrier islands, and nowhere else will you be able to paddle for so many miles and not encounter any of the trappings of civilization. Attractions include the wild horses on Shackleford Island, The Cape Lookout lighthouse, Portsmouth Village, Cedar Island national wildlife refuge, Ocracoke Village, and mile and miles of deserted beaches.

SELECTING YOUR ROUTE

Every route offered by the Sea Base combines a challenging paddle and excellent program that allows crews to choose a route that meets their physical fitness capabilities and provide a memorable experience that will last a lifetime. Youth members should choose the route and select 3 different top choices from this guide. Please note the available program features for each route. Your crew is not required to participate in each and every one.

LEVEL OF DIFFICULTY

Each route is accompanied by a star rating that determines the route's difficulty. A full five star route would be considered the most challenging route. The average route will be a 3-4 star route. Keep in mind that even the lowest rated route may experience moments of difficulty depending on the weather and environment. Next to selecting to come to the Sea Base, this should be your crew's first action that is centered on a youth decision. Most teenage participants are fully capable of mastering the physical challenge. Adults with sedentary lifestyles often have difficulty. Youth members should be allowed to select itineraries that meet their program objectives. Both adults and youth participants must agree on the level of difficulty that all are willing and physically able to achieve. One of the unique gifts of our staff guides is working the dynamics of your group and keeping their focus off of the physical exertion they may have just experienced and on the program that will lie ahead for them. Factors that determine the level of difficulty include the amount of miles paddled in day, certain bodies of water that a route may have to cross, directions that a route may take, and the total distance of the route for the given week. Each route is scored on a scale of 1 to 5, with 5 being the most difficult. The following scale breaks down each ranking:

Rating 1: ★ Low mileage, entire route will usually not reach 50 miles, stays close to land.

Rating 2: ★★ Maximum of 10 miles each day, route will not cover 50 miles

Rating 3: ★★★ This route can be accomplished by any average scout unit

Rating 4: ★★★★ Average of 10 miles each day with at least one day over 15 miles

Rating 5: ★★★★★ More than 10 miles each day with at least one 20 mile day.

ACTIVITIES

Some locations may have specific activities unique to that location such as kayak surfing or Eskimo rolling. Other activities such as GPS navigation, oceanography, LNT will take place throughout all the routes.

NAUTICAL CHARTS

Your crew may wish to purchase Nautical Charts of the area before you arrive at camp. Nautical charts can be found at most marinas, marine supply stores or online.

11545 Beaufort inlet and Part of Core Sound: Lookout Bight

11550 Ocracoke inlet and Part of Core Sound

11544 Portsmouth Island to Beaufort, including Cape Lookout Shoals

Route Logistics

FERRY TRAVEL

To return from Ocracoke to the mainland participants will need to ride on either the Cedar Island or Swan Quarter Ferries. Each ferry ride is around 2.5 hours in length. A passenger lobby with tables and padded seats along with drink and snack machines are on board. Ferry tickets are included in your registration fees. The majority of time we will utilize the Cedar Island ferry (see schedule below). This ferry is a 2.25 hour crossing. During travel we also use a smaller commuter ferry that crosses the Neuse River. About a 15-20 min ride that runs every 30 minutes.

<i>Cedar Island</i>	<i>Ocracoke</i>
MAY 23 - SEPT 25, 2006 DEPARTURES	
7.00 a.m.	7.00 a.m.
8.15	----
9.30	9.30
----	*10.00
----	10.45
12.00 p.m.	12.00 p.m.
*1.00	----
1.45	----
3.00	3.00
----	4.30
6.00	6.00
8.30	8.30

VEHICLE TRAVEL

The Sea Base will transport your crew to drop off and pick up areas in one of the camps 15 passenger vans. Below are the average travel times from a high use location to the Sea Base.

Cedar Island: 2.5 hours

Harkers Island: 2 hours

Beaufort: 1.45 hours

Swan Quarter: 2 hours

(Times between Cedar Island, Harkers Island and Beaufort include 25 min. ferry ride)

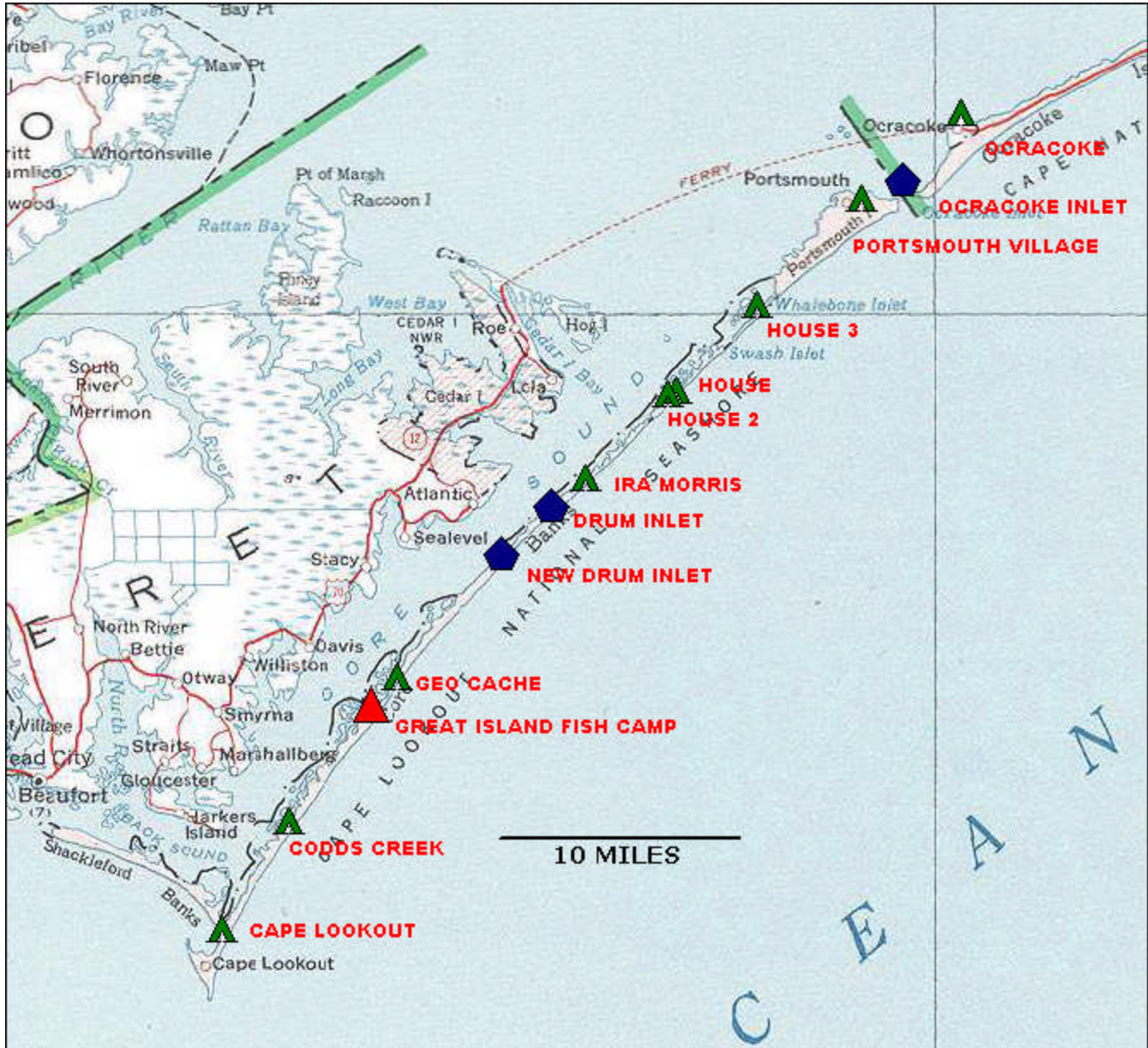
The 9 Day Trek

The 9 day trek is the 'your gonna do everything trek'. During your route you'll visit all the sites that the coast of North Carolina has to offer. Worth every penny and every single drop of sweat. When all said and done your crew can potentially have paddled a total of 85-90 miles, now that's something to write home about.

The day to day itinerary of the 9-Day Trek is depends on the goals of your crew. Route 8 would be the recommended route with different variations such as Deep Sea Fishing or Horseback riding just to name two. If you are a Venture Crew the 9-day trek is a good platform for a Kodiak Leadership Trek. To set up the schedule choose one of the routes listed and the Director will be in contact with you to plan the details.

SEA KAYAKING ROUTES

Below is a map of all the major camping areas along the National Seashore that the Sea Base will utilize during the course of the week. Camping is allowed anywhere in the seashore except within 100ft of any structure. The borders of Cape Lookout National Seashore include all of Shackleford Island and from Cape Lookout to Portsmouth village. **The miles per day listed for each route are not 100% accurate and may vary by 3-5 miles + or -. The average speed of a kayak is 3.5 mph (3knots) over a length of time. Wind speed/direction and tidal currents can increase or decrease this figure.**



Departure Points include: Beaufort, Harkers Island, Marshallberg

Campsites include areas with a green tent, and Sea Level, Cedar Island, and Shackleford

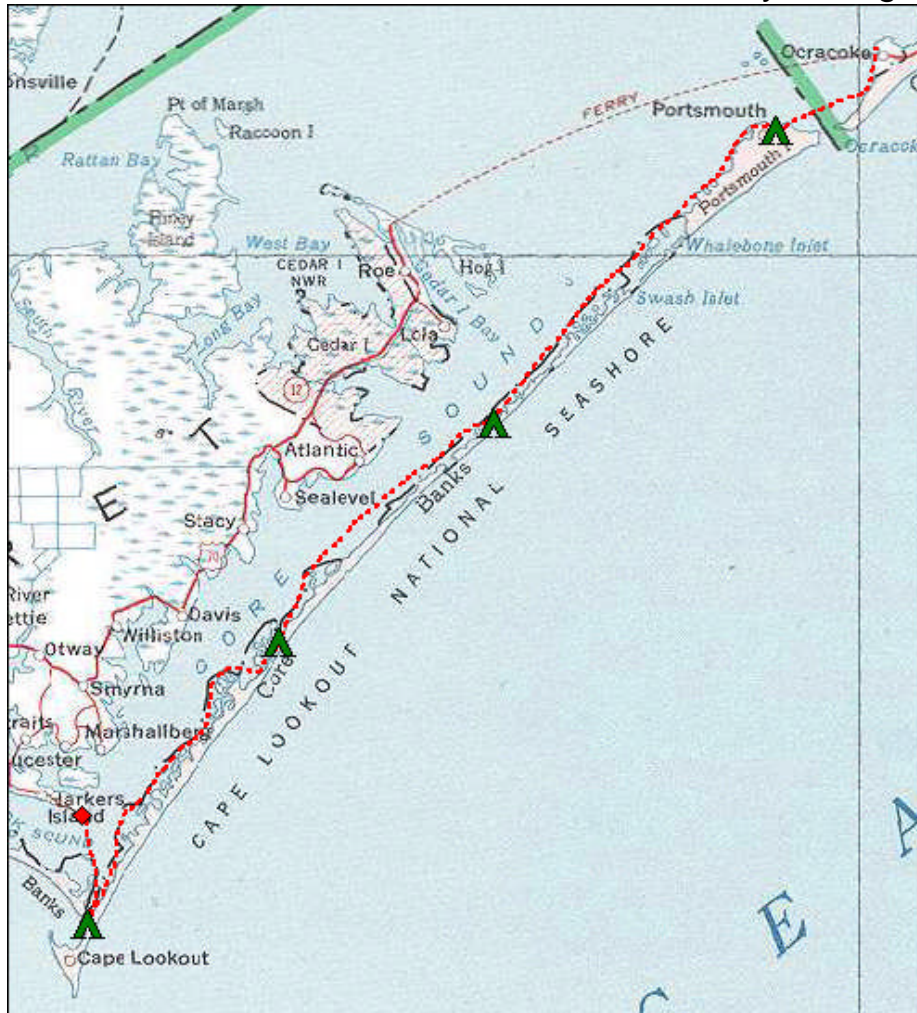
Water is available at Great Island, Ira Morris and Cape Lookout

THESE ROUTES ARE PRE-PLANNED AS A GUIDE. THE ACTUAL DAY TO DAY LOCATION CAN CHANGE FOR SEVERAL REASONS. BEFORE YOU ARRIVAL AT CAMP WE WILL BE IN CONTACT WITH YOUR GROUP LEADER TO DISCUSS ANY ISSUES THAT ARISE.

IF YOUR GROUP DOESN'T HAVE A PREFERENCE YOU CAN LET US KNOW THE GENERAL AREA THAT YOU WANT TO PADDLE AND WETHER OR NOT YOUR GROUP WANTS THE 50 MILER AWARD. THAT'S ALL IT TAKES FOR US TO PLAN A TRIP.

Route 1: Harkers Island to Ocracoke Island

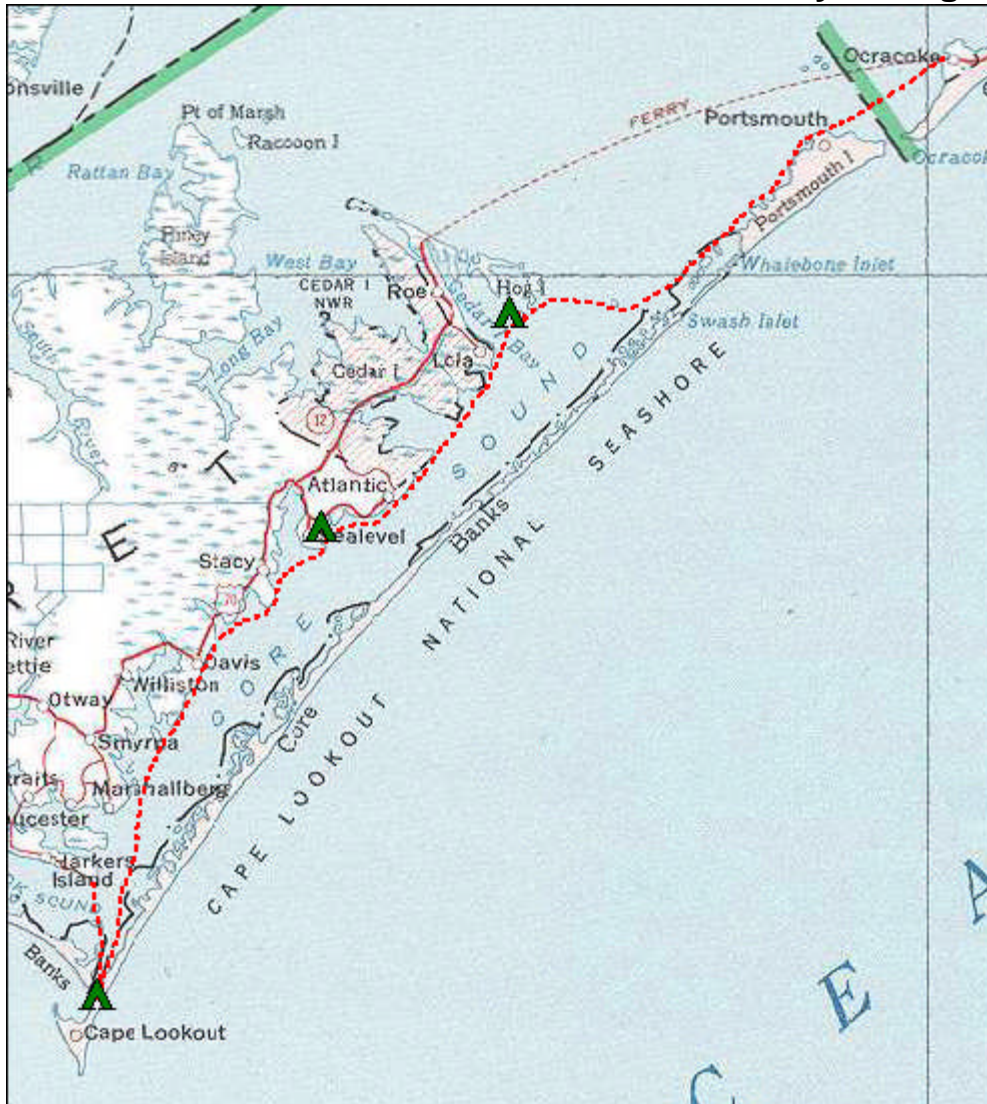
Difficulty Rating: ★★★-★



Miles	Sunday:	Standard check-in and kayak instruction
4	Monday:	Depart for Harkers Island. Paddle over to Cape Lookout Light House. Participants will be able to access the beach, visit the Cape Lookout Lighthouse and historic village, fishing, snorkeling and swimming. A paddle to Shackleford is an option.
13	Tuesday:	Cape Lookout Light House to Great Island. Activities include using a GPS, body boarding, kayak surfing class, and ocean swimming.
12	Wednesday:	Great Island to North of Drum Inlet. 10 miles Activities include kayaking roll class, surf fishing, body boarding and swimming.
17	Thursday:	Paddle through the uninhabited waters of northern Portsmouth Island. Destination is the historic 'ghost' village of Portsmouth. Alternate Route #1: Continue paddling past Portsmouth village on to Ocracoke for the night. Camping in private campground with amenities and exploring Ocracoke village.
4	Friday:	Short paddle into Ocracoke Island, lunch, board 12:00 p.m. ferry for trip back to base camp Alternate Route #1: Board morning ferry for trip back to base camp.

Route 2: The Landlubber

Difficulty Rating: ★★★



Map created with TOPO!® ©2003 National Geographic (www.nationalgeographic.com/topo)

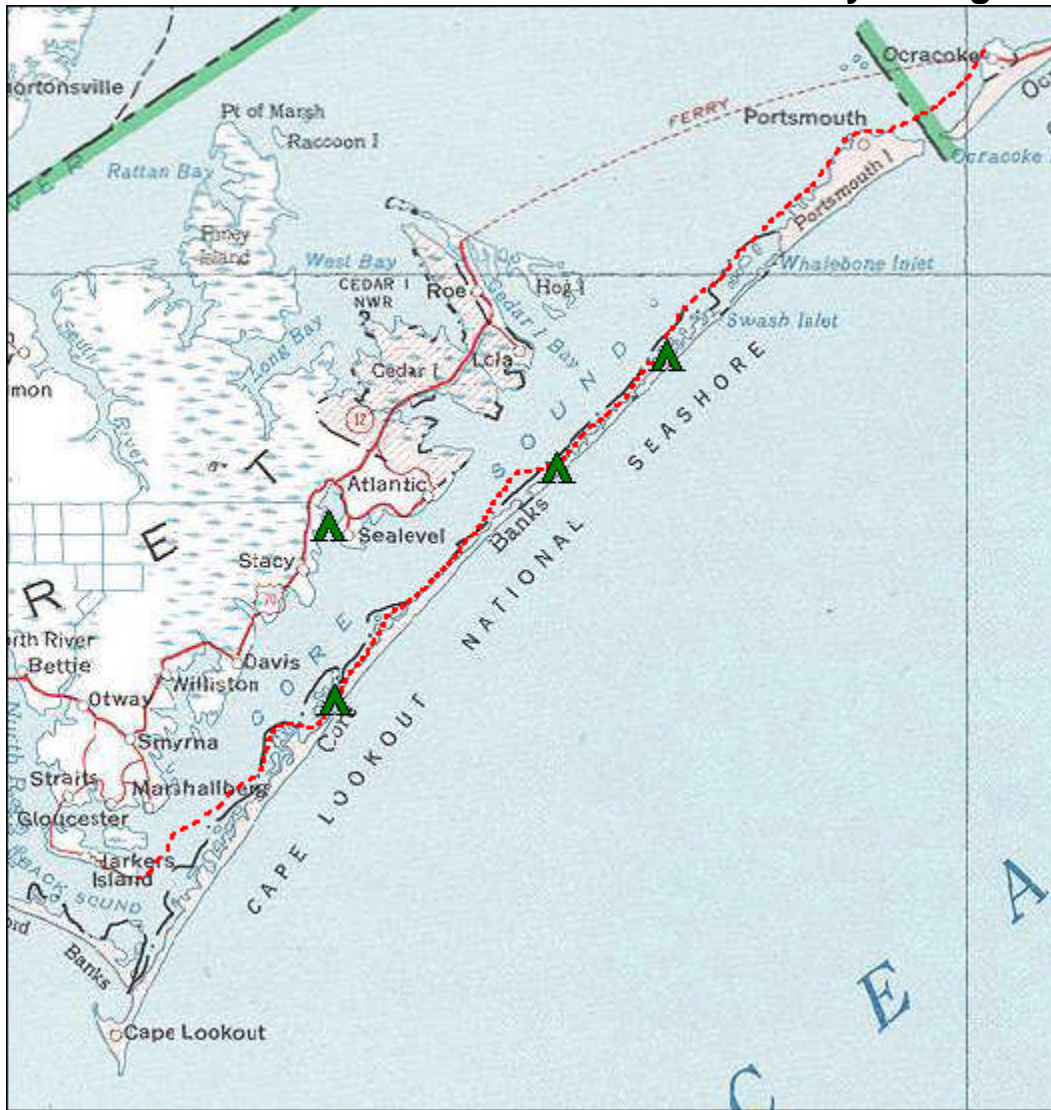
Miles	Day:	Activity
	Sunday:	Standard Check-in and kayak instruction
4	Monday:	Depart from Harkers Island and paddle over to Cape Lookout. Participants will be able to access the beach, visit the Cape Lookout Lighthouse and historic village, fishing, snorkeling and swimming.
20	Tuesday:	Depart for Sea Level in the early morning with the tide. Includes camping at a private campground on the mainland. Lunch activity can include surf fishing or ocean swimming.
12	Wednesday:	Sea Level to Hog Island Includes a stop at the Cedar Island NWR for conservation project and sight seeing. Alternate: Paddle back across Core Sound to camp on the beach.
20	Thursday:	Hog Island to Ocracoke Begins as an early morning/night time paddle. Estimated arrival time in Ocracoke at 1:00pm. After setting up camp participants will have the opportunity to explore the island before meeting back for dinner.
	Friday:	Board Ferry and return to Camp.

Route difficulty based on the distance required to travel on Tuesday and Thursday. This route is a more 'plush' route compared to Route 1 due to the campsite location on Tuesday night.

Additional Cost: \$7 per person for public campground fee. Campsite includes a shower facility, pool and small campground store.

Route 3: Harkers Island to Ocracoke

Difficulty Rating: ★★★

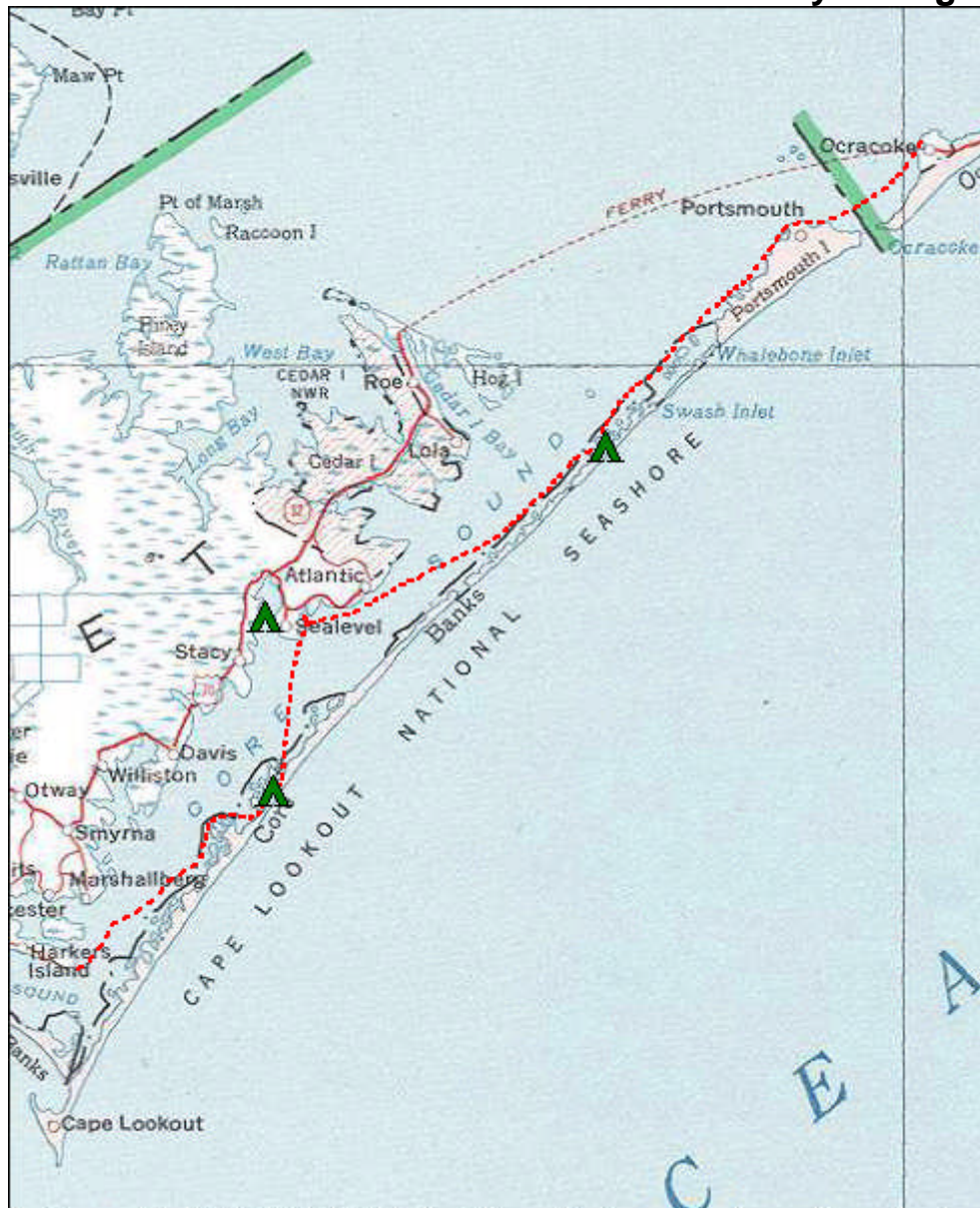


Map created with TOPO!® ©2003 National Geographic (www.nationalgeographic.com/topo)

Miles	Sunday:	Standard Check-in and kayak instruction.
11	Monday:	Depart Base camp early on Monday morning for Harkers Island put in. After launch make way towards Great Island Fishing Camp. Activities include using a GPS, body boarding, kayak surfing class, and ocean swimming.
13	Tuesday:	Depart the Great Island area early Tuesday morning following Portsmouth Island towards Alger Willis fishing camp. Activities include kayaking roll class, surf fishing, body boarding and swimming.
7	Wednesday:	After a hot breakfast continue following Portsmouth Island chain north until you reach Pilyntary Islands.
17	Thursday:	Early morning sunrise paddle. Continue north towards Ocracoke. Stop for visit at Portsmouth Village. Estimated arrival time in Ocracoke Island: 3:00 p.m.
	Friday:	Board ferry for Cedar Island to return to Sea Base.

Route 4: Harkers Is. to Ocracoke

Difficulty Rating: ★★★



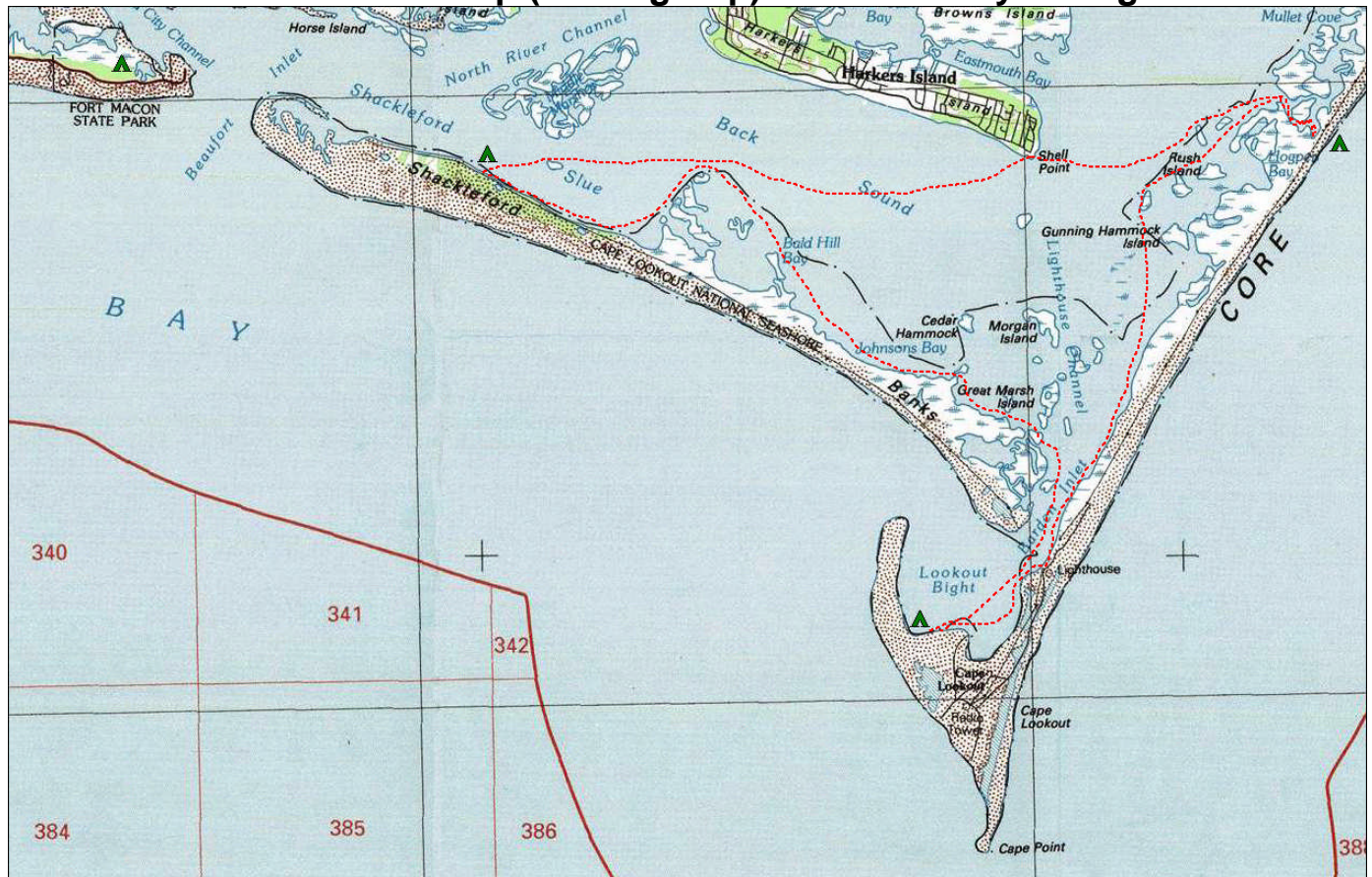
Map created with TOPO!® ©2003 National Geographic (www.nationalgeographic.com/topo)

Miles	Day:	Activities:
	Sunday:	Standard check in and kayak instruction
11	Monday:	Depart Base Camp early Monday morning for Harkers Island. Arrive at Harkers Island put in and launch toward Great Island Fishing Camp. Activities include using a GPS, body boarding, kayak surfing class, and ocean swimming.
7	Tuesday:	A hot breakfast morning followed by a short 6-7 mile paddle towards Sea Level Campground. This is a private campground with full amenities.
13	Wednesday:	Head back towards the beach towards Pilontary Islands on Portsmouth. Activities include kayaking roll class, surf fishing, body boarding and swimming.
17	Thursday:	Last day of paddling. Wake up early for a full sunrise paddle. Heading north towards Ocracoke Island. Camping at Private campground.
	Friday:	Return to Base camp via ferry

Additional Cost: \$7 per person (additional cost required due to camping location on Tuesday night. The camp ground is on the mainland side with a shower, pool, and small campground store.)

Route 5: Harkers Island Loop (Fishing Trip)

Difficulty Rating: ★★



Map created with TOPO!® ©2003 National Geographic (www.nationalgeographic.com/topo)

Miles 4	Monday	Depart from Harkers Island and paddle to Cods Creek. First day of fishing will include surf fishing in the Atlantic Ocean, also chance for surf kayaking.
8	Tuesday	Depart Cods Creeks and head south to Cape Lookout. Activities for the day include more opportunities in surf fishing and introduction to flounder gigging closer to twilight. Other attractions include visiting the Cape Lookout light house and village along with snorkeling in Barden Inlet.
10	Wednesday	Depart Cape Lookout heading West to Shackleford Island. Activities for the day include touring the maritime forest, discovering the wild ponies, opportunities for more fishing. There will also be an option of a sunset dolphin paddle. Dolphins tend to frequent the Shackleford Slue and Beaufort Inlet near sunset.
6	Thursday	Depart Shackleford and head back to Harkers island. After cleaning and loading the gear participants will head over to Atlantic Beach to set up camp at the U.S. Coast Guard Station Fort Macon. Afternoon activities will include a tour of the station, a visit to Fort Macon and pier fishing and boogie boarding in Atlantic Beach.
0	Friday	The week will conclude with a half day deep sea fishing trip out of Atlantic Beach to the gulf. Upon returning the crew will head back to the Base camp for clean up and dinner. The crew will be allowed to eat what they catch.

This entire route is centered on just sitting back, enjoying the beach, and fishing. Your crew will be able to surf cast fishing, sound side fishing, using a flounder gig, pier fishing and finally a half day of deep sea fishing. This route is not eligible for the 50 Miler Award.

Additional Cost: \$35 per person

Route 6: Beaufort, NC to Cedar Island

Difficulty Rating: ★★★★★



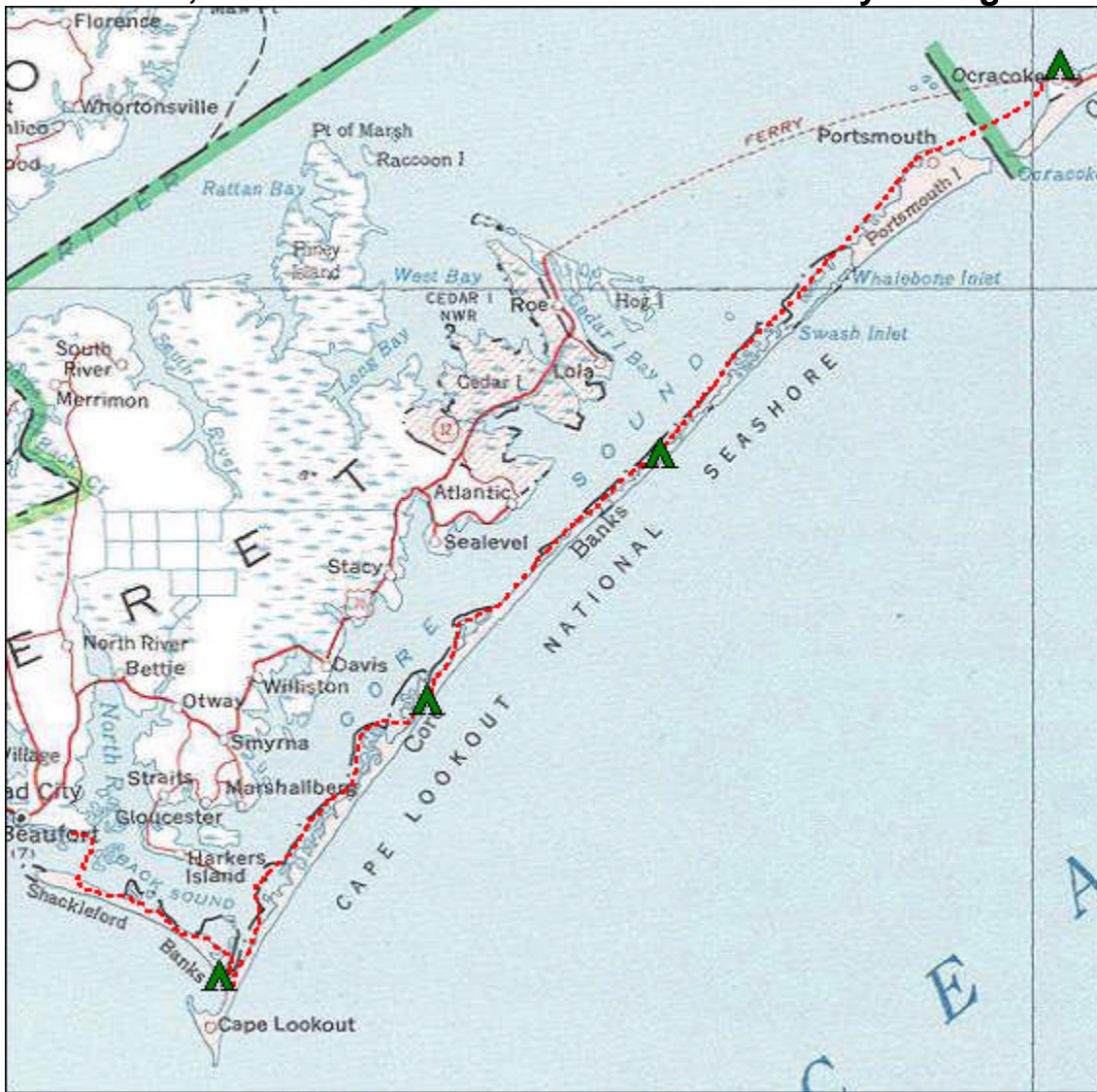
Map created with TOPO!® ©2003 National Geographic (www.nationalgeographic.com/topo)

Miles	Day	
11	Monday	Depart out of Beaufort heading towards Shackleford. First stop will be at Shackleford island for exploration of the wild horses and maritime forest. Crew will then continue on towards Cape Lookout.
16	Tuesday	Morning departure with the incoming tide following Portsmouth Island north. Activities include using a GPS, body boarding, kayak surfing class, and ocean swimming.
8	Wednesday	Relaxed day paddle across the Core Sound to Sea Level Campground. Privately owned campground with full amenities including pool, showers and store
15	Thursday	Continue following the Core Sound along the mainland. Crew will pass through the Cedar Island National Wildlife refuge and paddle into Cedar Island ferry terminal.
	Friday	After breakfast crew will make there way back to Beaufort for a visit to the NC Maritime Musuem and return to the base camp after lunch.

One of the few routes that offer you and your crew the chance to visit the outstanding Maritime Museum on Beaufort's Historic waterfront district. One of the highlights of the Museum is the artifacts from the Queen Anne's Revenge, the legendary flagship of Blackbeard the Pirate. The Queen Anne was discovered off Beaufort Inlet in 1999.

Route 7: Beaufort, NC to Ocracoke Island

Difficulty Rating: ★★★★★



Map created with TOPO!® ©2003 National Geographic (www.nationalgeographic.com/topo)

Miles		Sunday: Standard check-in and kayak instruction
11	Monday	Early departure from base camp to leave the drop off point at 9:00 am. Crew will leave Beaufort and head towards Shackleford Island to stop and see the maritime forest and wild horses. Opportunity for fishing in barden inlet in the evening.
15	Tuesday	Departure in the morning based on tidal flow and follow portsmouth island north to Great Island. Activities include using a GPS, body boarding, kayak surfing class, and ocean swimming.
13	Wednesday	Contine following the Portsmouth Island north. Lunch time stop will offer availability for surf fishing in Drum Inlet or crew can continue on to camp site. Activities include kayaking roll class, surf fishing, body boarding and swimming.
21	Thursday	Day offers oppurtunity for a night time with the lights of Ocracoke as the only guide. As day breaks your crew will have the oppurtunity to stop and visit Portsmouth villiage before crossing Ocracoke inlet for the end of your trek. If weather proves to be severe then crews can stay in Portsmouth villiage and cross to Ocracoke in the morning.
	Friday	Return to base camp

If your unit is in the department for a challenge this is it. Were talking intense paddling and some serious miles. As with most of our treks the first day is an easy warm up. After day one it's all up hill. Except for your last night in Ocracoke this is a pure wilderness trip. The only other people you'll see are the tourist at the lighthouse and the local fisherman at the isolated fish camps along the island chain. This route will cover the entire length of the Cape Lookout National Seashore including Shackleford Island and Portsmouth Island

RESOURCES

Online

Sea Kayaking

www.paddling.net Source for information on canoeing and kayaking. From Buyers' Guides for canoes, kayaks and accessories to articles, classifieds, photos, outfitters, dealers and so much more!

American Canoe Association (ACA)

www.americancanoe.org The American Canoe Association (ACA) is a nationwide, not for profit organization that is in service to the broader paddling public by providing education on matters related to paddling, supporting stewardship of the paddling environment, and enabling programs and events to support paddle sport recreation.

Cape Lookout National Seashore

www.nps.gov/caloc

Ocracoke Island

www.ocracokeisland.com

Books/Literature

Sea Kayaker's Savvy Paddler by Doug Alderson (Ragged Mountain Press)

The Complete Sea Kayaker's Handbook by Shelly Johnson (Ragged Mountain Press)

Weather Forecast

<http://www.erh.noaa.gov/mhx/> National Weather Service in Newport, NC

Use Harkers Island, NC and Ocracoke Island, NC for local forecast.

For the coastal waters forecast click on Local Forecast under the "Marine" section