Pamlico Sea Base

OBX ADVENTURE
Planning Packet

OBX Adventure – Pamlico Sea Base
Weekly Itinerary

Listed below is a brief itinerary with each activity listed under the recommended or required day that it is offered. Use this schedule as your first guide in planning your adventure. The following pages will assist you in developing this schedule to further meet your group's needs.

Sunday
Check in
Small Boat Sailing (Basics and Intro)

Monday
Small Boat Sailing – Sunfish

Tuesday
Small Boat Sailing - Sunfish
Half Day Deep Sea Fishing (additional cost: $45)
Shark Fishing 7-11 pm (additional cost: $45)

Wednesday (Atlantic Beach)
Day Sailors - introduction
Surfing Lessons: 4 hour class offered by NC Aquarium (additional cost: $25)
Fort Macon State Park visit
NC Maritime Museum visit
Full Day Deep Sea Fishing (additional cost: $90)

Thursday
Day Sailors – day trip
Day Sailors – overnight trip or kayaking overnight trip
Half Day Deep Sea Fishing (additional cost: $45)
Shark Fishing 7-11 pm (additional cost: $45)

Friday
Day Sailor or kayaking overnight return
Knee boarding & Tubing
Motor boating
Windsurfing option available

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(Return this form before your arrival)

Troop or Crew # _____ Week (dates at camp) _____

OBX Adventure group questionnaire.
At one of your Troop or Crew meetings sit take a few minutes and ask the participants the questions listed below. Please mark each one with a yes or no, this will aid us in planning an OBX experience that is unique to your group.

_____We prefer to spend the majority of our time learning how to sail.
_____We only want to sail in the sunfish.
_____We want to sail in the sunfish and day sailors.
_____We want to participate in a kayaking overnight trip.
_____We want to participate in a sailing overnight trip.
_____We are interested in motor boating (available 9-11am or 2-4 pm
_____We are interested is windsurfing.
_____We prefer the uniform for dinner to be Hawaiian t-shirts accompanied by Jimmy Buffet background music.

Special Activities:
Please check the special activities that you would like to participate in. Note on the schedule when these activities are offered and the additional cost that is associated with them. All of these events are sub-contracted so times of the week and the cost are not flexible. For more information on the fishing visit www.captainstacy.com

____ Half Day Deep Sea Fishing
____ Full Day Deep Sea Fishing
____ Surfing lessons
____ Shark Fishing
Allow for a 1.5 – 2 hour drive time to these activities

Twilight Activities
These are activities that will fit well in the evening hours after dinner. It is not required to have a scheduled activity after dinner every night. In the past we have had groups who did evening sails or may have wanted to rest. Activities are either on the resident camp at Camp Bonner or activities we can take part in at the Sea Base. Activities such as the climbing tower, swimming pool, shooting sports area are only available during scheduled twilight times or when not in use by Camp Bonner for Merit Badge programs.
___ Geocaching
___ Crabbing and fishing
___ Climbing Tower
___ Swimming pool
___ Volleyball Tournament (Wednesday night)
___ Cycling (only available if no Ironman program, can be a day trip or half day trip)

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Troop or Crew # _____ Week (dates at camp) _____

While planning your week use the empty schedule below to lay out your plans on paper.

Monday	Breakfast		Lunch		Dinner	
Tuesday	Breakfast		Lunch		Dinner	
Wednesday	Breakfast		Lunch		Dinner	
Thursday	Breakfast		Lunch		Dinner	
Friday	Breakfast		Lunch		Dinner	

Menu Suggestions

One of the many options of the OBX Adventure is that groups have the option of having their meals at the Camp Bonner dining hall or preparing there own meals at Sea Base. If you decide to have your meals at Sea Base it will provide your group with the flexibility of deciding the time of each meal, offering more time for program in some cases, as well as allowing participants to attend a program and have the meals they like. All that we ask is that you assign two people each day to help your staff member with any clean up or meal preparation. You will have access to a traditional kitchen in preparing these meals. BE CREATIVE!

MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Provided				
Lunch					
Dinner					Provided

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What to Bring List

Participants in OBX adventure will be on the water the majority of each day. You should pack accordingly for comfort and sun prevention. Quick dry and lightweight clothing is recommended.

Tents: Participants will be staying in BSA Canvas two-man wall tents. Each tent has two platforms and two military style cots.

A shower/restroom building is located next to your tents. The shower/restroom building has 9 fully enclosed rooms each with a shower, sink, toilet, urinal and bench.

Laundry services are not available on the property. There is a public laundry mat 20 minutes outside of camp, please plan accordingly.

__ At least two pair of swim trunks/suits
__ One pair of shoes or sandals to get wet
__ One pair of shoes to stay dry
__ Change of clothing for one week
__ Scout t-shirts
__ Underwear and socks
__ Rain jacket
__ Laundry bag

__ Toiletries (Shower house is available)
__ Sleeping bag and pad
(You will be sleeping in BSA platform tents with cots)
__ Sunscreen
__ Insect repellent
__ Flashlight
__ Camera – waterproof or with dry box
__ Battery alarm clock
__ Mosquito net for cot
__ Spending money
__ Hat
__ Sunglasses with sunglass strap
__ Water bottle(s)

__ Medical forms
__ Medications with directions