

## All-Terrain Project

**Welcome!** We are excited you are considering joining us for the All-Terrain Project (ATP). This document will start to give you some information on the week you will spend with us. This week will be unique in that you are leaving your performance environment behind. The experience is built around you learning and becoming proficient with some basic survival skills such as land navigation. Each skill will be taught and there will be time for practice. Ultimately, you are responsible for learning the skills you will need to perform throughout the week. At this point there is nothing you need to do to prepare for the week. We expect you all to come in as novices in this area, in fact it is better if you do come in as a novice.

During the week you will be responsible for your daily preparation. An essential component to the week is your own openness to learning and reflecting on your experience with this new set of skills. There will be times where you will be alone. The only accountability you have is to yourself. How personally impactful this week is, is largely up to you. While there are around 6 performers attending the All-Terrain Project, you will function during the day mostly as individuals.. Once you have the basic skills, land navigation will be done solo.

**Travel:** You will fly in to Raleigh Durham the Saturday before the ATP and out of Raleigh Durham on the Saturday after. We will be “working” Monday through Friday. You will have some access to a car while with us. If you have any specific or special training needs please let us know ahead of time. Please plan to bring anything you will need with the exception of groceries. All performers will be staying in a cabin during the week. The cabin has beds, a shower, a refrigerator, cookware and a stove.

### **Some background on where you will be staying:**

CaroKen Farm: [http://www.thepilot.com/news/features/caroken-farm-a-family-returns-to-the-land/article\\_ff9c088a-d093-11e3-a687-0017a43b2370.html](http://www.thepilot.com/news/features/caroken-farm-a-family-returns-to-the-land/article_ff9c088a-d093-11e3-a687-0017a43b2370.html)

Southern Pines: [https://en.wikipedia.org/wiki/Southern\\_Pines,\\_North\\_Carolina](https://en.wikipedia.org/wiki/Southern_Pines,_North_Carolina)

- Outdoor Store- <http://www.riverjack.com/>
- Dicks Sporting Goods- <http://stores.dickssportinggoods.com/nc/aberdenn/633/>
- Yoga- <https://hotasanastudio.com/>
- Cryotherapy and Float Tanks- <https://www.cryotherapyofthepines.com/>

### **Average Day:**

As noted above, you will be taught any skill you need to perform during this week. You will also be provided time to practice the skills you learn and ask any questions you have. How you use your time is ultimately up to you. You will spend most of your time performing alone.

0900 Morning Meetings – In Cabin

1030- 1500 Land Navigation/Tactical Work – Expect to have packed lunch as we will be outdoors

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### 1600-1700 Reflection- In Cabin

\*\*If you are at a point where you need time to physically train please let us know beforehand so we can help accommodate that.

**Grocery Stores:** Once in Southern Pines you will be in charge of providing your own food. There will be time to go grocery shopping when you arrive. This way you can make sure any food needs you have or eating plans you follow are taken care of. Breakfast and dinner can be prepared and eaten in the cabin. With the exception of the first day all lunches will need to be bag lunches that can be put in your backpack and eaten in the woods.

Fresh Market (High End): <https://www.thefreshmarket.com/>

Harris Teeter (Good and Close):

[http://locations.harristeeter.com/nc/carthage/212/?utm\\_source=Google&utm\\_medium=Maps&utm\\_campaign=Google+Places](http://locations.harristeeter.com/nc/carthage/212/?utm_source=Google&utm_medium=Maps&utm_campaign=Google+Places)

Food Lion:

[https://www.foodlion.com/stores/nc/carthage/2181/?utm\\_source=Yext&utm\\_medium=Organic&utm\\_campaign=Website](https://www.foodlion.com/stores/nc/carthage/2181/?utm_source=Yext&utm_medium=Organic&utm_campaign=Website)

Weird Southern Things: <http://www.dunrovincountrystore.com/>

There is also the opportunity to have meals brought in and provided by local vendors if that is what you prefer.

**Packing List:** Please take time to look at the weather in Southern Pines or Pinehurst, North Carolina before traveling. The weather in NC could be 70 degrees and it could be 40 degrees (average temperatures for November are 40-60 degrees). It could also include rain. Pack accordingly. Here are some suggested items:

- ✓ Enough socks to wear each day plus some extras (think hiking socks)
- ✓ Long pants that are good for hiking (do not tear easily)
- ✓ T-Shirts
- ✓ Long Sleeve Shirts
- ✓ Sun Glasses
- ✓ A hat
- ✓ Something to sleep in
- ✓ Sun glasses
- ✓ A rain jacket
- ✓ Cold weather clothing if appropriate (gloves, hat, possibly long johns)
- ✓ Hiking boots
- ✓ Backpack (large enough to fit an extra layers, socks, lunch and water)
- ✓ Water Carriers (camelback/Nalgene)
- ✓ Clothes to wear while hanging out (lounging in the evening or going to dinner)
- ✓ Towel for shower
- ✓ A notebook with a pen