

## All-Terrain Project

**Welcome!** We are excited you will be joining us for the All-Terrain Project November 12-18 2017. This e-mail is to start to give you some information on the week you will spend with us. This week will be unique in that no baseball equipment is required. 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. 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 6 players 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 on the 12<sup>th</sup> and out of Raleigh Durham on the 18<sup>th</sup>. You will have some access to a car while with us. Please plan to bring anything you will need with the exception of groceries. All players 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:

- Outdoor Store- <http://www.riverjack.com/>
- Dicks Sporting Goods- <http://stores.dicksportinggoods.com/nc/aberdeen/633/>
- Ice Cream Parlor- <https://www.facebook.com/icecream.parlor.3/>

### **Average Day:**

0900 Morning Meetings – In Cabin

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

1600-1700 Reflection- In Cabin

### **Grocery Stores:**

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)

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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/>

**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)- Please let us know if you don't already have one as we can provide one.
- ✓ Water Carriers (camelback/Nalgene) - Please let us know if you don't have one of these and we can provide them.
- ✓ Clothes to wear while hanging out (lounging in the evening or going to dinner)
- ✓ A notebook with a pen