



InsideOut
STOP • LOOK • LISTEN • LEARN

Half Day Pod-Ventures

Pods consist of groups varying in number by preference of POD leaders-

AM ½ Day Adventure Timing: 8am - 12 noon (drop off 8 - 8:15 / Pick up is 12 - 12:15)

ON-CAMPUS ADVENTURES (Camp Tekoa) or brought to your campus or nearby park

ADVENTURE	DESCRIPTION	COST (PER POD OF 6-10)
The Most Dangerous Game and Blind Hike	Participants will experience three activities: 1. Inside Out takes escape rooms outside with our theme of: “ The Most Dangerous Game ”. 2. A blindfolded hike through the woods with a rope as their guide, awakening all of the other senses. And 3, Pods will spend some time at the Low Ropes Circuit - a structure lifted a few feet from the ground in which participants take turns crossing each obstacle.	\$470 per Pod + 2.7 % if pd by Credit Card
Primitive Skills: Fire Building, Cordage, Shelter Building	Participants will experience: Primitive fire building - using tools like flint and steel, chaga, and char cloth and will be able to make s’mores. Making Cordage, where they use natural and unnatural materials (recycled plastic bags) to create primitive rope. Utilizing their Cordage, Pods learn about and build a Primitive Shelter with natural materials.	\$470 per Pod + 2.7 % if pd by Credit Card Includes cost of S’mores materials
Create Your own	With the Help of Inside Out we can create programming to take to your campus or nearby park for the day. Use multiple days to ensure participation of	Cost will vary with # of participants and necessary staff.



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All Day Pod-Ventures

Pods consist of groups varying in number by preference of POD leaders
All Day Adventure Timing: 8 am - 5pm (drop off is 8 - 8:15 / pick up is 5-5:15)
 ***Lunch and 2 snacks Can be added to any All Day adventure for \$100 per POD.

OFF-CAMPUS ADVENTURES (Drop off / Pick up @ Camp Tekoa)

ADVENTURE	DESCRIPTION	COST (PER POD OF 6-10)
<p>Discovery Hike</p> <p>Can be paired with the Cedar Rock Challenge or done on its own.</p>	<p>Hiking Difficulty– Easy to moderate</p> <p>We set out for Dupont State Forest and spend the day exploring the forest and water environments there Basic orienteering and hiking 101 where we learn about the 10 essentials. We will add to our adventure - if participants can brave the cold water—a trip down a natural water sluice.</p>	<p>\$700 per Pod</p> <p>+ 2.7 % if pd by Credit Card</p> <p>Add Lunch and snacks - \$100 per pod</p> <p>See page 3 for details</p>
<p>Cedar Rock Challenge</p> <p>Pods must have completed “Discovery Hike” prior to choosing this activity.</p>	<p>Hiking Difficulty– Challenging</p> <p>We set out for the day to hike up and over Cedar Rock Mountain in Pisgah National Forest— an elevation gain of just over 1,000 feet! There will be opportunities to stick our feet in a creek, have lunch at the TOP of Cedar Rock, and test our map reading skills from our Discovery Hike</p> <p>*Parts of the trail near the top require the use of a handline (Inside Out staff will bring). In the event of poor weather, the Pod will take an alternate route to the top.</p>	<p>\$700 per Pod</p> <p>+ 2.7 % if pd by Credit Card</p> <p>Add Lunch and snacks - \$100 per pod</p> <p>See page 3 for details</p>
<p>Create Your Own!</p>	<p>With the Help of Inside Out we can create programming to take to your campus or nearby park for the day. Use multiple days to ensure participation of entire class.</p>	<p>Cost will vary with # of participants and necessary staff.</p>



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Inside Out Pod–Ventures Sign up! Plus - POD and Lunch details

HOW DO I SIGN UP?

Inside Out's 3 Step Process!

- 1) Gather a Pod
- 2) Choose an Adventure– or have us help you create one!
- 3) Email or Call us at: insideoutwnc@gmail.com
or 828-697-5295 to see if your date is available.

PLEASE NOTE

- When scheduling a Pod, please elect a “Coordinator” for the Pod. That person will be the main contact for scheduling, paperwork and relaying any information to all POD parents and, or teachers for your adventure.

Lunch and Snack Details for Full Day Ventures

Snacks are a local apple and nut-free granola bar

Lunch will be: Choice of Hummus OR Turkey. Hearty white bread , cheese. Packs of mayo and mustard, single serve plain potato chips, carrots and ranch, orange, cookie and napkin. Prepared by a COVID trained food staff at camp Tekoa.