

North Carolina Museum of Art Women's Campout

Saturday, November 5–Sunday, November 6, 2022

This document contains all you need to know about the campout: how to prepare, schedule of activities, weather, food menus, and more. Complete the [online registration and waiver form](#) and purchase your admission tickets by Friday, October 28.

CAMPOUT INFORMATION AND SCHEDULE

PARTICIPANTS

This is an adult-oriented outdoor event open to all self-identifying women ages 16 and up. Minors under 18 must be accompanied by a parent, guardian, or other responsible adult throughout the entire campout.

Each individual participant must be preregistered, and every camper must have a ticket, by October 28. Space is limited to 100 campers and spots fill up quickly, so don't wait to sign up! Refunds are only issued if the NCMA cancels.

The campout is great for all levels—and no previous camping experience is necessary—but please prepare. This document contains all the information you need and important tips for new campers.

For questions contact the manager of Park programs: bryanne.senor@ncdcr.gov.

LOGISTICS

When: Saturday, November 5, at 5 pm through Sunday, November 6, at 11 am.

Where: North Carolina Museum of Art
2110 Blue Ridge Road, Raleigh 27607
Museum Park, Festival Lawn behind East (brick) Building

Directions (see map below for details):

- From Blue Ridge Road, enter the Museum campus at Reedy Creek Road and immediately turn left. Follow signs for deliveries.
- Continue all the way around and down to the back of East Building (the brick building) into the staff parking lot. Drive into the staff parking lot to check in at the registration tent and unload your camping gear.

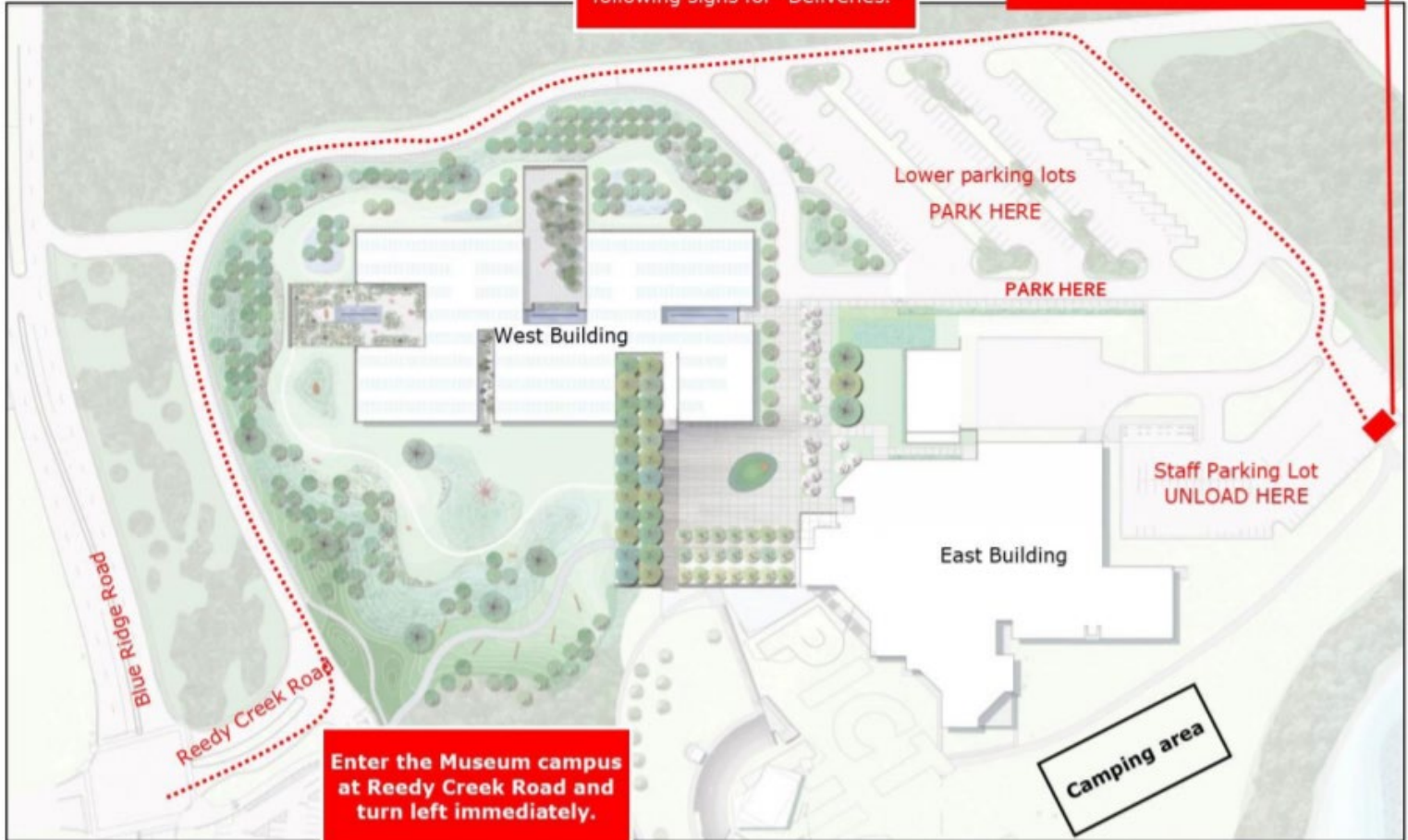
- Once you have checked in and unloaded, move your vehicle to the lower parking lots adjacent to the staff parking lot. Then haul your gear to the camping area and set up!
- There are no assigned or reserved campsites. There will be plenty of space to choose your spot and make sure you camp near any family or friends you like.
- Refer to this [campus map](#) to see more about the Museum Park.

NCMA Women's Campout
 November 5-6, 5 PM-11 AM
ARRIVE BY 5:30 PM
 2110 Blue Ridge Road, Raleigh

REGISTRATION TENT

- Arrive here and check in with a staff member *first*
- Unload gear in Staff Parking Lot, and then go park
- Haul gear to camping area

Drive all the way around and down to the Staff Parking Lot, following signs for "Deliveries."



Enter the Museum campus at Reedy Creek Road and turn left immediately.

REGISTRATION

To register, *each camper* must complete and submit the [online registration and waiver form](#) and purchase a ticket by October 28. **No one will be admitted unless properly preregistered and ticketed.**

CAMPOUT SCHEDULE

- All activities are optional. Choose your own adventure!
- Lawn games will be set up throughout.
- The Museum buildings will be closed. Access to indoors, on the lower level of East Building only, will be available Saturday from 7 to 9 pm and Sunday from 7 to 9 am only—for seating and warming up if needed. No activities will be inside.
- Remember that Daylight Saving Time ends on November 6, so the clocks will “fall back” an hour overnight.

Saturday

- 5 pm: Check-in, unloading, and campsite setup. **Must arrive by 5:30 pm.**
- 6 pm: Dinner
- 7–8:30 pm: Facilitated Intuitive Dance Session
- 9–10 pm: Full Moon Walk
- Good night! Quiet hours are 11 pm to 6 am.

Sunday

- 7 am: Breakfast
- 7–11 am: Self-Guided Art-Making
- 8–9 am: Morning Yoga **OR** Tai Chi
- 9:30–10:30 am: Guided Poetry Writing **OR** Nature Journaling
- 11 am: All camping equipment and personal belongings must be packed out and removed by this time. Thanks for coming!

GEAR

If you are in need of personal camping gear, you can purchase—or even rent some—locally at [REI](#) , [Dick’s Sporting Goods](#), [Apex Outfitter](#), and [Great Outdoor Provision Co.](#)

WHAT TO PACK

- Refillable water bottle or cup and tumbler or mug for hot beverages **(Cups and water bottles will not be provided in order to reduce waste.)**
- Tent with rainfly
- Ground cover/tarp
- Sleeping bag

- Sleeping pad/air mattress with portable inflater (*Access to power outlets is limited.*)
- Pillow
- Blanket(s)
- Raincoat and rain gear
- Warm jacket and layers
- Toiletries, hand sanitizer
- Washcloth or small towel
- Change of clothes
- Walking shoes
- Headlamp/flashlight
- Tent lantern
- First aid kit
- Camping chair
- Small wagon for toting supplies to and from campsite
- Binoculars
- Camera
- Yoga mat
- Portable battery charger for phone/electronics (*Access to power outlets is limited.*)
- An adventurous spirit

WHAT TO LEAVE AT HOME

- Alcohol
- Pets
- Camping stove, firewood, lighters, anything with an open flame
- Glass containers

FOOD

- Dinner on Saturday and breakfast on Sunday are included in your ticket. Meals will be provided through a buffet from Catering Works. There will be gluten-free and vegetarian options available.
 - **Dinner menu:** House burger or vegetarian black bean patty with optional toppings and buns, salad, chips, and cookies; water, iced tea, and hot cider for beverages.
 - **Breakfast menu:** Vegetable frittata, tater tots, sausage patties, GF muffins, fruit cups; water, coffee, and hot tea for beverages.
- In addition to these provided meals, you may bring your own food and nonalcoholic beverages, as well as coolers, plastic storage containers, and other outdoor eating supplies. However, ***cooking on-site and fires are prohibited.*** No glass containers.

RESTROOMS

The outdoor restrooms are located in a concrete hallway near the Park Theater, just a short walk from the camping lawn. They have sinks and toilets and will be open throughout the campout. Bring your own soap, toiletries, and small towel.

WEATHER

Unless the weather forecast looks dangerous, the campout will go on. **Refunds are issued only if the NCMA cancels.** Strong winds, sustained heavy rains, lightning, severe storms, and temperatures below freezing are considered dangerous.

The average high temperature for the first weekend in November is 60–65 degrees, the average overnight low is 40–45 degrees.

Prepare appropriately for the forecasted weather as well as the unexpected. We will send an email the week of the campout with any weather updates and ideas for how best to prepare.

Some tips for staying warm if needed:

- Bring some [Hot Hands](#) for your pockets and socks.
- Set up your tent early with the rain fly and a footprint or tarp underneath so it is not touching the ground directly.
 - The smaller the tent, the better. Fill your tent as full as you can either way, creating less air space for heat to move up/escape.
 - Crack a window in your tent; do not seal it completely. Keeping the tent well ventilated will make sure moisture does not gather and create a damp, cold situation.
- Set up your entire bedding situation early, so you can just slide right in at night.
 - You need a sleeping bag.
 - Skip the air mattress! This will only steal heat from your body.
 - Make sure to insulate whatever you are sleeping on from the ground up as well (e.g., put a couple of blankets under your sleeping pad).
 - Wear warm, winter clothes to bed. Thermal underwear, long johns, or layers of pants and shirts are a must; socks, a jacket, and a winter hat all need to be worn while sleeping.
- Get your warm clothes and layers on early to retain heat; do not wait until you are cold or go to bed to do this.
- Stay hydrated and well fed.
- Go to the bathroom right before you head to bed, whether you feel like you need to or not.
- Do some jumping jacks or warm up your body with other cardio movement before snuggling in for the night.

RULES AND PROHIBITIONS

- Indoor access ONLY to Level C of East Building from 7 to 9 pm on Saturday and 7 to 9 am on Sunday; the Museum buildings will be closed throughout the campout.
- Adults are responsible for themselves and the children with them. Because of risks of injury associated with the outdoor premises, including the varied landscaping, the pond, and the woods, children must be supervised at all times.
- Keep the Museum Park beautiful! Clean up all your trash and recycling in the bins provided and take all your belongings back home with you.
- Participants should behave in a courteous and safe manner with respect to the natural areas, artworks, and other participants.
- Smoking and vaping are permitted only in one designated area near the main Park Theater entrance, about 0.1 mile from the camping location.
- The following are prohibited: alcoholic beverages, glass containers, unlawful possession or use of drugs or any illegal substance, feeding wildlife, firearms and other weapons, grills, fire, camping stoves, open flames, motorized vehicles, drones, loud music, pets, swimming.
- The NCMA Foundation reserves the right to refuse entry to the event by any person and to direct any person to leave the event at any time.

EMERGENCIES

In case of an emergency, call NCMA Security at (919) 664-6788 or 911.

An NCMA staff member will be on site facilitating the campout on Saturday from 5 to 10 pm and Sunday from 7 to 11 am.

**Don't forget to complete the [online registration and waiver form](#)
and purchase your admission tickets
by Friday, October 28.**