



Dear NSO Overnight Basecamp Participant—

Welcome to WVU and Congratulations on registering for an NSO Overnight Basecamp Session. Completing this 2-day program will fulfill your NSO requirement and will start you off on the right foot. Remember to keep checking off your “Steps to Enrollment” too! The steps are available here: admissions.wvu.edu/admitted/first-time-freshmen

Please read this letter and enclosures carefully as they contain important information about your experience. Please note that further correspondence will be directed to your (the student’s) MIX email address. If you have any questions about accessing or using your MIX account, please contact the WVU Help Desk at it.wvu.edu, 1-877-327-9260, or itshelp@mail.wvu.edu.

The \$35 registration fee was required at the time of NSO Overnight Basecamp Registration; your spot is not secured until payment is complete. If you encountered issues with payment or have questions, please contact NSO at orientation@mail.wvu.edu or 304-293-2264. You may also visit this [payment link](#) to complete the \$35 payment if you did not complete the payment during registration.

In this packet you will find:

- A sample itinerary for your NSO Overnight Basecamp Experience (*subject to change*)
- Directions to the WVU Outdoor Education Center (program start location)
- A Packing List
- Activities for Parents and Families

You can expect to hear from us again approximately a week prior to your program.

WVU’s New Student Orientation partners with the Adventure WV program to provide some of the programming and facilities for the NSO Overnight Basecamp program. If you have questions specifically about the Itinerary, Directions, or Packing List you may contact Adventure WV directly at adventurewv@mail.wvu.edu or 304-293-5221. For all other inquiries please first consult orientation.wvu.edu.

Sincerely,
The NSO Overnight Basecamp Team

NSO Overnight Basecamp Sample Itinerary 2017 *subject to change*

Day 1—Arrival, Ropes Course, and Yurt (Circular Cabin) Accommodations

- 9:00 am: Program Start @ WVU Outdoor Education Center (outside of Morgantown—see directions on the next page.
- Welcome and Check in. You will need to fill out some additional paperwork at check in. We do NOT provide breakfast. Please eat before arriving.
- Parents and Families? While you are not able to join the NSO Overnight Basecamp Session, we offer some suggestions for how to spend your day. Please see page 5 of this packet for suggested activities.
- 10:00 am: Introductions and Games
- 11:00 am-5pm: Low and High Ropes Course Programming, with a break for lunch
- What are low and high ropes? See here: adventurechallenge.wvu.edu/challenge-course/facility
- 5:00-7:00 pm: Dinner and Downtime
- 7:00-9:00 pm: WVU Student Resources and Making the Most of your NSO Experience
- 9:00-11:00pm: Downtime
- 11:00pm: Lights Out

Day 2—Travel to WVU Campus & Continue NSO Programming

- 6:30am: Wake up, Pack up, Breakfast
- 7:30am: Transportation (provided) to Mountainlair (we will make a stop at the Coliseum to meet up with parents and store belongings)
- 8:00am: Meet up with families for NSO programming on WVU's Morgantown Campus (or at the Coliseum). **Be sure to bring an ID with you to get your student ID!** The NSO schedule is as follows:

Student Schedule:

7:30 am Shuttle begins
7:45 – 8:30 am Check-in
8:30 – 9:00 am Welcome
9:10 – 10:15 am Campus Life and Housing
10:20 am – 12:00 pm Academic Session
12:00 – 1:00 pm Lunch
1:00 pm Course registration
2:00 – 4:00 pm Information fair

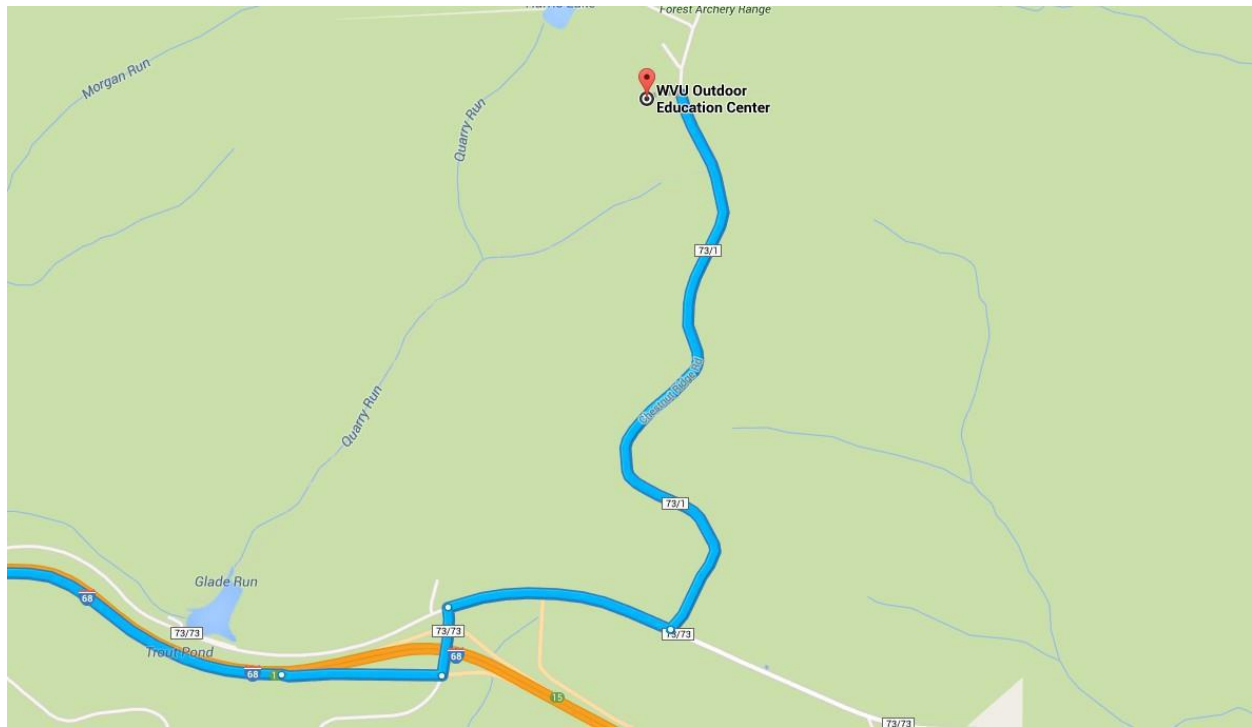
Parent and Guest Schedule:

7:30 am Shuttle begins
7:45 – 8:30 am Check-in
8:30 – 9:00 am Welcome
9:10 – 9:40 am Campus Life and Housing
9:50 – 10:20 am Financial Aid presentation
10:20 am – 12:00 pm Academic Session
12:00 – 1:00 pm Lunch
1:15 – 2:30 pm First-Year Seminar for Families
2:30 – 4:00 pm Information fair

Directions

The NSO Overnight Basecamp Program begins at the WVU Outdoor Education Center, located in the WVU Research Forest.

ADVENTURE OUTDOOR EDUCATION CENTER



Directions from Morgantown

Turn by Turn:

1. Take I-68 east toward Cumberland, MD
2. Take exit 15 – Cooper's Rock Road
3. Take left at stop sign
4. Veer right at nextstop sign (WV County Route 73)
5. After three way stop– take next left (Chestnut Ridge Road)
 - a. Will see signs for WVU Research Forest
6. Travel 1.5 miles (15 minutes) on Chestnut Ridge Road
7. Turn left into first large parking lot
 - a. Will see signs for WVU Research Forest and a cc
8. Park in large circular parking lot

Physical Address:

1397 Chestnut Ridge Road
Bruceton Mills, WV 26525

NSO Overnight Basecamp 2017 – Packing List

The NSO Overnight Basecamp is a 2-day 1-night program. You are encouraged to pack lightly and follow this packing list closely.

You are also encouraged to check the weather in “Bruceton Mills, WV” where temperatures can be over 10 degrees cooler than in Morgantown. We also get a lot of rain during the summer! Be prepared!

What to WEAR on Day 1:

Soon after your 9:00am check in, we will get started! We will be spending the day outside playing games and taking on the low and high challenge courses (visit adventurechallenge.wvu.edu/challenge-course/facility to learn more about what this means). Accordingly, come prepared for a day outside, wearing clothes that are okay to get dirty:

- T-Shirt
- Long sleeve shirt (over your t-shirt—it’s usually chilly in the mornings)
- Shorts or pants (comfortable and long enough that you can comfortably put on a harness. Many students wear athletic shorts) (check the weather and dress accordingly)
- Sturdy close-toed shoes (no sandals permitted)
- Socks
- Underwear
- Brimmed hat (for sun protection) (optional)
- Sunglasses (optional)

What to PACK in a SMALL DAY BAG:

During day 1, you will want to keep a number of items with you. Pack the following in a small bag that you can easily carry with you.

- WATERPROOF rain jacket
- Sturdy water bottle (1 liter size)
- Sunscreen, bug repellent, lip balm (travel sizes)
- Any necessary medications you may have
- Camera (optional)
- Rain pants (optional)

What to PACK in an OVERNIGHT BAG:

Additionally, you will need to pack an overnight bag with things for the evening, the night, and the next morning. Include:

- Bedding—sleeping bag or sheet/blanket, pillow (for a twin-sized bunk)
- Warm fleece-type jacket
- Pants (non-cotton and comfortable—like athletic pants or running tights)
- Toothbrush, toothpaste, other necessary toiletries
- Shower Supplies, towel
- Towel
- Pajamas
- Headlamp/flashlight
- Clothes for the Day 2 On-Campus: Whatever you would like to wear for a day on campus. You will be required to wear close-toed shoes while at the Challenge Course Facility, but can change into sandals or other shoes of your choice upon heading to Morgantown. **Bring a government ID with you to be able to be issued your WVU student ID!**

PLEASE DO NOT BRING. REALLY. DON’T.

- **Cell phone or any other electronics (including iPods and MP3 players).** The program staff have access to phones (which are kept “off”) in the event of an emergency. We encourage you to take advantage of this opportunity to be fully present and not distracted by phones. Most of our participants really appreciate disconnecting and tell us to keep doing it! If you bring your phone with you, you can leave it with your family or we can put it in a locked space for the duration of the program
- **Drugs, Alcohol, or Tobacco.** Bringing these items is grounds for dismissal from the program with no refund. You may also face University and/or legal sanctions.
- Anything not on the packing list. Please pack light!

The NSO Overnight Basecamp Program Provides (please do not bring your own):

- All technical equipment (i.e. climbing harness)
- Food
- All communication devices

NSO Overnight Basecamp 2017—Activities for Parents and Families

You will be meeting up with your student at 8:00 am at the Mountainlair on day 2 of the NSO Overnight Basecamp Program. As Day 1 of the NSO Overnight Basecamp program is a cell-phone free experience, we encourage you and your student to make a plan for where to meet up (especially if you are holding onto your student's phone)! If your student leaves his/her phone with us, we will return it as he/she gets on the bus towards the Mountainlair (around 7:30 am). The buses will also make a stop at the Coliseum if you would like to meet us there to unload your student's overnight materials and store them in a car.

Students aren't the only ones who will get to have fun during NSO Overnight Basecamp! Here are some options to explore at the check-in location:

- After your student checks in, join us for a 30 minute Q&A session at the WestVaco center
- Starting at 11:00 am, WVU's Canopy Tour will be operating (\$30 per person cost, plus tax). Please register ahead of time: adventurechallenge.wvu.edu/canopy-tour/wvu-canopy-tour

While your student is participating in the NSO Overnight Basecamp activities, we encourage you to check out our Evansdale Crossing building and attend a "Parent Reception." This is a wonderful opportunity to meet other WVU parents and get to know some of WVU's administrators as well! **This is a parent-only event.**

The reception is an informal, come and go event from 5:30 – 7:00 pm. Appetizers will be served and a cash bar will be available. The receptions will be held at Panini Pete's, fifth floor lounge at Evansdale Crossing, 62 Morrill Way, Morgantown, WV.

While at the Evansdale Crossing, you can also visit the Mountaineer HUB which is your centralized location for Student Account payment, Financial Aid, Scholarships, Academic Information, and Student Employment. The HUB will be open Monday – Thursday until 6:00 pm to meet with parents.

The WVU Bookstore will also be open in the Evansdale Crossing Sunday – Thursday until 7:00 pm. New WVU families can shop for the latest WVU gear!

Free parking is available at the WVU Student Recreation Center for this event. Questions? Contact the Mountaineer Parents Club at parentsclub@mail.wvu.edu or 304-293-2506.

Additional options in the surrounding area:

Outdoor Activities

- Take a hike at **Cooper's Rock**: www.coopersrockstateforest.com
- Suggested Hikes:
 - Visit The Overlook, and hike Underlook Trail
 - Visit The Overlook, then hike Eagle Trail to Ridge Trail, Ridge Trail out to Shelter #4, then take Rattlesnake Trail back to Underlook Trail, and take it back up to Shelter #1.
 - Hike the Hemlock Loop Trail, on the North Side.
 - Hike the new loop around Trout Pond, 1/4 mile from the I-68 Coopers Rock Exit.
- Take a hike at the **Core Arboretum**: arboretum.wvu.edu/#map
- Take a hike at **White Park**: boparc.org/white-park-trails.html
- Explore the **WV Botanical Gardens**: wvbg.org
- Walk, run, or cycle on the **Caperton Rail Trail** boparc.org/caperton-trail.html
 - You can rent a bicycle from [Wamsley Cycles](http://WamsleyCycles) 304-296-2447

Indoor Activities

- Visit the **Morgantown History Museum** (open Tuesday-Saturday, 10 am- 4 pm): morgantownhistorymuseum.org
- Visit the **Seneca Center**: senecacenter.com
- Visit the new **WVU Art Museum**: artmuseum.wvu.edu/plan-a-visit
- Visit the **Robinson/Petroplus Hall of Traditions**, essentially a WVU Basketball Museum. This is open every weekday from 8:15 am to 4:45 pm, at the WVU Basketball Practice Facility, 3450 Monongahela Boulevard.