# **RIVER RUNNERS**

www.camptekoa.org • 828-692-6516

**High School** 

MORE WHTEP

# **OVERVIEW**

Does your camper enjoy all things water? This is the perfect camp for them! Every day they will be going on river adventures such as tubing, Kayaking, whitewater rafting, canoing and riverside camping! Campers will end the week Stand Up Paddle Boarding at the beautiful Lake Jocassee.



# PHYSICAL FITNESS

•Paddling 3-5 miles on white water •Paddle Board 2-3 hours •50 meter swim



# **SKILLS LEARNED**

•River recognition and navigation (classI-II)

- Canoe packing
- •Food prep and cooking
- Paddling techniques
- Boating Ettiquette
- Camping Basics











TUBING

- Bible, notebook & pen/pencil
- □Water bottle or canteen with screw-on lid
- □ Shirts (short & long sleeved)
- □ Rain coat with hood or cap
- □ Towels & washcloths
- □ Pillow & Sleeping Bag/sheets
- Good sturdy shoes for hiking
- □ Sleeping foam pad (if desired)
- □Extra socks
- Mesh bag or plastic bag to put wet clothes in
- Clothing that can get dirty
- □ Sturdy shoes or boots
- River sandals (sandals with a heel strap) or old tennis shoes (bring at least 2 pair). Do not plan to wear flip-flops at waterfalls

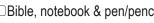
## REMINDER: Please remember to keep electronic devices at home - this includes cell phones

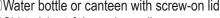
### Camp Tekoa cares about every camper. In following industry standards, efforts are made to provide safety devices, equipment, procedures, and proper training of all staff. However, as in any outdoor experience, there exists an inherent risk/danger in all camp activities.

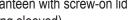


PACKING LIST

Please put your camper's name on all belongings









Bathing suit (females: 1-piece) / (2 if you have them)

□ Shorts & long pants

- Personal Items (toothbrush/paste, soap, shampoo, deodorant, cup)
- □Insect repellent & sunscreen

□Sweatshirt, sweater or jacket

Flashlight or Headlamp (with extra batteries)

- □Extra dry clothes
  - Carabeaner for water bottle

