

# EXPLORER

## ALL GIRLS

www.camptekoa.org • 828-692-6516

Middle School • 1 WEEK



### OVERVIEW

This brand new camp allows girls to explore God's beautiful creation! The week begins with the challenge of our High Ropes course, which features a 70' giant swing. Then campers will travel explore some mountain rivers. Explorers with waterfall hop their way through Pisgah and then tube down the Green River. Then they will experience the thrill of rafting down Class 2 and 3 rapids! The trip culminates with exploring the depths of Worley's Cave in eastern TN.



### PHYSICAL FITNESS

- Comfortable in narrow and tight spaces
- Paddling river rapids
- Swimtest; 100 ft without stopping and tread for 1 minute
- Comfortable in narrow and tight spaces
- Comfortable with heights 45'+



### SKILLS LEARNED

- Exploring cavern system
- Basic paddling
- River Rapid recognition and navigation
- Guided Rafting experience



### PACKING LIST

Please put your camper's name on all belongings

- |  |   |
|--|---|
| <input type="checkbox"/> Bible, notebook & pen/pencil  | <input type="checkbox"/> Flashlight or Headlamp (with extra batteries)                    |
| <input type="checkbox"/> Water bottle or canteen with screw-on lid   | <input type="checkbox"/> Shorts & long pants  |
| <input type="checkbox"/> Shirts (short & long sleeved)   | <input type="checkbox"/> Sweatshirt, sweater or jacket                                    |
| <input type="checkbox"/> Rain coat with hood or cap  | <input type="checkbox"/> Bathing suit (females: 1-piece)                                  |
| <input type="checkbox"/> Towels & washcloths   | <input type="checkbox"/> Personal Items (toothbrush/paste, soap, shampoo, deodorant, cup) |
| <input type="checkbox"/> Pillow & Sleeping Bag   | <input type="checkbox"/> Insect repellent & sunscreen (if desired)                        |
| <input type="checkbox"/> Sun block SPF-15 to SPF-30  | <input type="checkbox"/> Good sturdy shoes for hiking                                     |
| <input type="checkbox"/> A sleeping bag  | <input type="checkbox"/> Sleeping foam pad (if desired)                                   |
| <input type="checkbox"/> Extra socks   | <input type="checkbox"/> Extra dry clothes  |
| <input type="checkbox"/> Mesh bag  | <input type="checkbox"/> Plastic bag to put wet clothes in                                |
| <input type="checkbox"/> Bathing Suit (2 if you have them)   | <input type="checkbox"/> Clothing that can get dirty                                      |
| <input type="checkbox"/> Sturdy closed-toed shoes or boots   |   |
| <input type="checkbox"/> Bathing suit or clothing that can get stained (Camp Tekoa has a mud pit and slip-n-slide – participation is optional)                                   |   |
| <input type="checkbox"/> 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, rafting or tubing. |   |

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

### ADVENTURE ACTIVITIES



RIVER TUBE



RAFT



WATERFALLS



CAVE