



### OVERVIEW

Soar! is a camp designed for those who love to climb and experience thrills! The week will begin with campers riding both of our onsite ziplines, climbing the Vertical Playground and challenging themselves on our High Ropes Course. Then campers will rock climb at Gilbert's Rock and Looking Glass Rock. The week ends with a 12-zip waterfall canopy tour that includes 4 sky bridges and a massive 1300' zipline!!

### PHYSICAL FITNESS

- Comfortable at heights and in harnesses for extended time
- Climbing up to 85ft
- Hiking strenuous approach trails

### SKILLS LEARNED

- Basic rock climbing technique
- Basic climbing gear knowledge
- Belay commands

### PACKING LIST

Please put your camper's name on all belongings

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|---|--|
| <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"/> Clothing that can get dirty                   |
| <input type="checkbox"/> Towels & washcloths  |  |
| <input type="checkbox"/> Pillow & Sleeping Bag/sheets for cabin                           |  |
| <input type="checkbox"/> Insect repellent & sunscreen                                     |  |
| <input type="checkbox"/> Sleeping foam pad (if desired)                                   |  |
| <input type="checkbox"/> Personal Items (toothbrush/paste, soap, shampoo, deodorant, cup) |  |
| <input type="checkbox"/> Mesh bag or plastic bag to put wet/dirty clothes in              |  |
| <input type="checkbox"/> Bathing Suit (2 if you have them: females: 1-piece)              |  |
| <input type="checkbox"/> Sturdy shoes or boots  |  |
| <input type="checkbox"/> Bathing suit or clothing that can get stained                    |  |

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

## ADVENTURE ACTIVITIES

 VERTICAL PG BIG ZIP	 HIGH ROPES	 CLIMB	 ZIP CANOPY TOUR
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