

EXPEDITION HIGH SCHOOL • 1 WEEK

www.camptekoa.org • 828-692-6516



OVERVIEW

Are you ready to challenge the limits of your summer experience? Expedition is designed to allow campers the opportunity to spend the entire week on a five-day/four-night excursion through Western North Carolina and East Tennessee. Campers will spend two-days/two-nights backpacking, followed by an overnight canoe trip to a campsite on beautiful Lake Jocassee. The expedition will finish with a caving trip in Worley's Cave in East Tennessee. Campers will be back in time to experience Tekoa's closing picnic, campfire, and candlelight service.

PHYSICAL FITNESS

- Carry a pack 35-50 lbs
- Hike 10 miles a day (+/- 20 miles total)
- Paddle across open lake water with camping gear
- Comfortable in narrow and tight spaces

SKILLS LEARNED

- Packing a Backpack
- Water Purification
- Food prep and cooking
- Paddling techniques
- Basics of Leave No Trace (LNT)
- Campsite selection, organization and setup
- Backcountry sanitation and Hygiene
- Cave Etiquette
- Gear Considerations for Caving

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 on canoe trip. | |

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

ADVENTURE ACTIVITIES



CAVE



CANOE



BACKPACK