

# HS SURVIVOR

High School • 1 WEEK

www.campTekoa.org • 828-692-6516



## OVERVIEW

Survivor is one of Tekoa's most popular adventure camps! Much like the TV show Survivor, campers engage in group challenges and competitions in order to earn supplies and valuable equipment throughout the week. Campers live at a primitive campsite where they learn how to make fires, prepare food, and navigate challenges. The week culminates with a "final challenge" day on Friday. Challenge, teamwork, and perseverance will be learned as campers grow in skills and in their faith!



## PHYSICAL FITNESS

- Swimtest; 100 ft without stopping and tread for 1 minute
- Climbing Tower, Vertical Play ground and High Ropes to comfort zone with a 40 ft. maximum ht.
- Healthy enough to camp outside all week



## SKILLS LEARNED

- Food prep and cooking
- Overcoming Challenges
- Fire building
- Knife safety
- Teamwork
- Leave No Trace (LNT) basics
- Graceful losing



## 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"/> Extra socks   |
| <input type="checkbox"/> Towels & washcloths   | <input type="checkbox"/> Personal Items (toothbrush/paste, soap, shampoo, deodorant) |
| <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"/> Sleeping Pad (campers sleep in rustic shelters)   | <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 (females: 1-piece)   | <input type="checkbox"/> Clothing that can get dirty                                 |
| <input type="checkbox"/> Sturdy 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"/> Campers may bring a small knife (3" blade) for use with supervision   |  |

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