

# OVERBOARD!

www.camptekoa.org • 828-692-6516

## ALL BOYS

Middle School • 1 WEEK



### OVERVIEW

This all boys camp will take adventure **overboard!** The week begins with a fishing trip campout to a local lake. Campers then raft down the rapids of the Nantahala River. Finally, you finish your week paddle boarding in the crystal clear waters of Lake Jocassee and waterfall hopping in Pisgah National Forest. Go deeper this summer! Jump Overboard!

### PHYSICAL FITNESS

- Swimtest; 100 ft without stopping and tread for 1 minute
- Paddling a half day raft trip
- Paddling a stand up paddle board half day

### SKILLS LEARNED

- Paddling
- Fishing Basics
- Teamwork
- Fire building

### 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"/> Tent (if you have it)  |
| <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 |   |
| <input type="checkbox"/> Fishing Gear: Pole, tackle  |   |

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

### ADVENTURE ACTIVITIES

			
FISHING CAMPOUT	PADDLE BOARD	RAFT	WATERFALLS