

# BLITZ!

www.camptekoa.org • 828-692-6516

## 9TH GRADERS

High School • 1 WEEK



### OVERVIEW

Blitz! is a brand new camp for rising HS 9th graders. This camp is designed to help campers transition to high school with plenty of challenges! You will explore the depths of Worley's Cave in TN, climb our vertical playground, and paddleboard on Lake Jocassee. You will also rockclimb in Pisgah at Looking Glass Rock. Every night will be in camp with one night spent under the stars in our meadow!



### PHYSICAL FITNESS

- Stand Up Paddling on open water
  - 45' climb to zipline
  - Swimtest; 100 ft without stopping and tread for 1 minute
  - Rock climb on rock to comfort zone (100 ft. max height)
- Comfortable in tight / dark spaces



### SKILLS LEARNED

- Caving Etiquette
- Basic rock climbing technique
- Basic climbing gear knowledge
- Basic of Leave No Trace (LNT)
- Climbing knots
- Belay commands



### 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"/> Clothing that can get dirty                                      |
| <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: females: 1-piece)   |   |
| <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"/> River sandals (sandals with a heel strap) or old tennis shoes (bring at least 2 pair). Do not plan to wear flip-flops while Paddle-boarding |   |

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

### ADVENTURE ACTIVITIES



PADDLE BOARD



VERTICAL PG BIG ZIP



CLIMB



CAVE