

JOURNEY

www.camptekoa.org • 828-692-6516

ALL GIRLS

Middle School • 1 WEEK



OVERVIEW

Are you ready to journey beyond your comfort zone? Journey takes the girls on a two day backpacking trip, followed by a day of caving at Worley's Cave. After returning to camp and enjoying the adventure of our high ropes course, the girls will finish their week with a horseback riding trip. Take the Journey!



PHYSICAL FITNESS

- Hike 8-10 miles with a 30-40lb backpack
- Comfortable in the cave
- Comfortable with heights of 35' High Ropes



SKILLS LEARNED

- Packing a backpack
- Water purification
- Backcountry sanitation and hygiene
- Cave etiquette and knowledge
- Gear considerations for caving
- Leave No Trace (LNT) principles
- Campsite selection and setup
- Food prep and cooking



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). | |

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

