

# MS WATER ADVENTURE

MORE WATER  
MORE FUN

www.camptekoa.org • 828-692-6516

Middle School • 1 WEEK



## OVERVIEW

It is easy to see why Water Adventure is one of our most popular adventure camps! Campers spend one day at camp enjoying all the on-site water activities Tekoa has to offer. They quickly take their water adventures off-site to spend a day on the crystal blue water of Lake Jocassee. This is a day of water-based initiative games, canoe instruction, and snorkeling. Campers will also go white water tubing and canoeing, and will also have a day waterfall hopping in Pisgah National Forest. Instructors spend time teaching about water safety, proper paddling techniques, and having a blast in the water!



## PHYSICAL FITNESS

- Paddling 2-3 miles on flat water
- Paddling 3-5 miles on white water (class I-II)
- Hiking short distances to waterfalls



## SKILLS LEARNED

- River recognition and navigation (class I-II)
- Canoe packing
- Food prep and cooking
- Paddling techniques
- Basics of snorkeling



## 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) / (2 if you have them)           |
| <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"/> 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"/> 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 |                                                                                           |

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

## ADVENTURE ACTIVITIES



FLATWATER  
CANOE



WHITewater  
CANOE



RIVER TUBE



WATERFALLS