

# 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