

# SUMMIT

# HIGH SCHOOL

www.camptekoa.org • 828-692-6516

CO-ED • 1 WEEK



## OVERVIEW

Summit is a camp designed for those who love to be in God's creation! Campers will arrive Sunday night and prep for a 4 day / 3 night backpacking trip through Pisgah National Forest. Then they will return to camp for our weekly Talent Show before ending the week on a rafting trip on a nearby river.



## PHYSICAL FITNESS

- Carry a pack 35-50 lbs
- Hike 8-10 miles a day (+/- 35 miles total)
- Paddle 2 hours through river rapids



## SKILLS LEARNED

- Packing a Backpack
- Water Purification
- Food prep and cooking
- Paddling techniques
- Basics of Leave No Trace (LNT)
- Campsite selection, organization and setup
- Backcountry sanitation and Hygiene



## 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). Do not plan to wear flip-flops on river. |   |

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

## ADVENTURE ACTIVITIES



4 DAYS  
BACKPACK



RAFTING