

# ULTIMATE CHALLENGE

www.camptekoea.org • 828-692-6516

HIGH SCHOOL • 1 WEEK



## OVERVIEW

Ultimate Challenge brings out the best in every camper! Ultimate Challenge is a non-stop, fun-filled week where high school campers participate in a variety of water, rock, rope and trail activities. UC begins with a three-day/two-night backpacking trip in Pisgah National Forest. Once campers return from the trail they will participate in on-site adventure activities. This time spent off the ground will help prepare the campers for one final day in Pisgah National Forest, rock climbing at Looking Glass rock. Ultimate Challenge will stand up paddle board at Lake Jocasee.



## PHYSICAL FITNESS

- 20-25 miles backpacking, 3 days / 2 nights
- Carry a 30-45 lb backpack
- Rock Climb, varied skill levels
- Paddle Board 2-3 hours



## SKILLS LEARNED

- Packing a backpack
- Food prep and cooking
- Knife safety
- Backcountry sanitation and hygiene
- Basic climbing gear rundown
- Climbing knots
- Campsite selection, organization and setup
- Basic LNT (Leave No Trace) principles
- Water purification
- Basic rock climbing technique
- Belay commands
- Basic rapid recognition and navigation



## PACKING LIST

Please put your camper's name all belongings

- Bible, notebook & pen/pencil
- Water bottle or canteen with screw-on lid
- Shirts (short & long sleeved)
- Rain coat with hood or cap
- Towels & washcloths
- Pillow & Sleeping Bag/sheets for cabin
- Sleeping foam pad (if desired)
- A sleeping bag for camping out
- Insect repellent & sunscreen
- Mesh or plastic bag to put wet clothes in
- Bathing Suit (2 if you have them, females: 1-piece)
- Sturdy closed-toed shoes or boots
- Bathing suit or clothing that can get stained
- River sandals (sandals with a heel strap) or old tennis shoes (bring at least 2 pair). Do not plan to wear flip-flops on the river for tubing
- Flashlight or Headlamp (with extra batteries)
- Shorts & long pants
- Sweatshirt, sweater or jacket
- Personal Items (toothbrush/paste, soap, shampoo, deodorant, cup)

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

Camp Tekoa cares about every camper. In following industry standards, efforts are made to provide safety devices, equipment, procedures, and proper training of all staff. However, as in any outdoor experience, there exists an inherent risk/danger in all camp activities.

## ADVENTURE ACTIVITIES



BACKPACK



CLIMB



PADDLE BOARD