

EXPEDITION EXTREME [2 EX]

www.camptekoea.org • 828-692-6516

HIGH SCHOOL • 2 WEEK



OVERVIEW

2-Ex is a rigorous and high-paced 2 week adventure through the beautiful Blue Ridge Mountains. Campers will spend four-days/three-nights backpacking, a day rock climbing at Looking Glass Rock, a day mountain biking in Dupont State Forest, and three nights/4 days canoeing and camping. The expedition will also include a caving trip in Worley's Cave in East Tennessee, scuba diving in Lake Jocassee and a day of horseback trail riding. Campers will be back in time to experience Tekoa's closing campfire and candlelight service with all the other campers. You must be a rising sophomore in high school to register for 2-Ex.



PHYSICAL FITNESS

- 25-30 miles backpacking, 4 days / 3 nights
- Carry a 30-45 lb backpack
- Rock Climb, varied skill levels
- Paddle 10 miles
- Comfortable in tight spaces

ADVENTURE ACTIVITIES



CAVE



CANOE



BACKPACK



CLIMB



MT BIKE



HORSE RIDE



SCUBA



SKILLS LEARNED

- Packing a backpack
- Food prep and cooking
- Paddling techniques
- Backcountry sanitation and hygiene
- Basic climbing gear knowledge
- Scuba Diving Basics
- Campsite selection, organization and setup
- Basics of Leave No Trace (LNT)
- Water purification
- Basic rock climbing technique
- Belay commands
- Paddling technique
- Caving Etiquette
- Trail Etiquette
- Packing a canoe for camping
- Climbing knots
- River recognition and navigation



PACKING LIST

Please put your camper's name on all belongings

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| ☐ Bible, notebook & pen/pencil | ☐ Flashlight or Headlamp (with extra batteries) |
| ☐ Water bottle or canteen with screw-on lid ☐ | ☐ Shorts & long pants |
| Shirts (short & long sleeved) | ☐ Sweatshirt, sweater or jacket |
| ☐ Rain coat with hood or cap | ☐ Bathing suit (females: 1-piece) |
| ☐ Towels & washcloths | ☐ Personal Items (toothbrush/paste, soap, shampoo, deodorant, cup) |
| ☐ Pillow & Sleeping Bag | ☐ Insect repellent & sunscreen (if desired) |
| ☐ Sunblock | ☐ Good sturdy shoes for hiking |
| ☐ A sleeping bag | ☐ Sleeping foam pad (if desired) |
| ☐ Extra socks | ☐ Extra dry clothes |
| ☐ Mesh bag | ☐ Plastic bag to put wet clothes in |
| ☐ Bathing Suit (2 if you have them) | ☐ Clothing that can get dirty |
| ☐ Sturdy shoes or boots | ☐ Carabiner (for water bottle) |
| ☐ Bathing suit or clothing that can get stained (Camp Tekoa has a mud pit and slip-n-slide – participation is optional) | |
| ☐ 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 canoe trip. | |

REMINDER: Please remember to keep electronic devices at home - this includes **cell phones, apple watches, etc.**