



OVERVIEW

Blitz! is a camp for rising HS 9th graders and is designed to help campers transition to high school with plenty of challenges! You will explore the depths of Worley's Cave in TN, climb our vertical playground, and paddleboard on Lake Jocassee. You will also rock climb in Pisgah at Looking Glass Rock. Every night will be in camp with one night spent under the stars in our meadow!



PHYSICAL FITNESS

- Stand Up Paddling on open water
- Swim test; 100 ft without stopping and tread for 1 minute
- Rock climb on rock to comfort zone (75 ft. max height)
- Comfortable in tight / dark spaces
- Ride 8-10 miles on a mountain bike



SKILLS LEARNED

- Caving Etiquette
- Basic rock climbing technique
- Basic climbing gear knowledge
- Stand Up Paddling
- Basics of Leave No Trace (LNT)
- Mountain Bike skills
- Belay commands

ADVENTURE ACTIVITIES



PADDLE BOARD



MT BIKE



CLIMB



CAVE



PACKING LIST

Please put your camper's name on all belongings

- | | |
|--|---|
| ☐ 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 | ☐ Clothing that can get dirty |
| ☐ Towels & washcloths | ☐ Personal Items (toothbrush/paste, soap, shampoo, deodorant, cup) |
| ☐ Pillow & Sleeping Bag | ☐ Insect repellent & sunscreen (if desired) |
| ☐ Sun block SPF-15 to SPF-30 | ☐ 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: females: 1-piece) | ☐ Carabiner for water bottle |
| ☐ Sturdy shoes or boots | |
| ☐ 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 while Paddle-boarding

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