



OVERVIEW

Cascade is a camp that combines our most popular activities for an all girls group! Campers will enjoy a tubing float trip, explore Pisgah National Forest on a Waterfall Hopping day, and spend a day Snorkeling and Stand-Up Paddle Boarding on Lake Jocasee. Their adventure culminates in a Horseback Trail Ride through Pisgah.



PHYSICAL FITNESS

- Paddle Board 2-3 hours
- Short Hikes to waterfalls
- Swim Test, comfortable on river
- Comfortable horseback riding



SKILLS LEARNED

- General horse knowledge
- Hiking safety
- Riding tack
- Snorkeling safety
- Mounting horse
- Food prep and cooking
- Paddle boarding safety



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) / (2 if you have them) |
| ☐ Towels & washcloths | ☐ Personal Items (toothbrush/paste, soap, shampoo, deodorant, cup) |
| ☐ Pillow & Sleeping Bag | ☐ Insect repellent & sunscreen (if desired) |
| ☐ Sun block | ☐ 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 |
| ☐ Clothing that can get dirty | |
| ☐ Sturdy closed-toed 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 at waterfalls | |

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

ADVENTURE ACTIVITIES



HORSERIDE



WATERFALLS