

OVERBOARD!

www.camptekoea.org • 828-692-6516

ALL BOYS

Middle School • 1 WEEK



OVERVIEW

This all boys camp will take adventure **overboard!** This week includes exciting water filled adventures, from a fishing campout at a local lake, canoeing down the Tuckasegee River, to paddle boarding in the crystal clear waters of lake Jocassee and waterfall hopping in Pisgah National Forest! Go deeper this summer! Jump Overboard!



PHYSICAL FITNESS

- Swim test; 100 ft without stopping and tread for 1 minute
- Paddling 3-4 hours
- Paddling a stand up paddle board half day



SKILLS LEARNED

- Paddling
- Fishing Basics
- Reading river rapids
- Teamwork
- Fire building



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 |
| ☐ Good sturdy shoes for hiking | ☐ Two man backpacking tent (if you have it) |
| ☐ Sleeping foam pad (if desired) | ☐ Clothing that can get dirty |
| ☐ Extra socks | ☐ Extra dry clothes |
| ☐ Mesh or plastic bag to put wet clothes in | ☐ Plastic bag to put wet clothes in |
| ☐ Bathing Suit (2 if you have them) | ☐ Carabiner for water bottle |
| ☐ 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 at waterfalls | |
| ☐ Fishing Gear: Pole, tackle | |

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

ADVENTURE ACTIVITIES



FISHING
CAMPOUT



PADDLE
BOARD



WHITE WATER
CANOE



WATERFALLS