

HS WATER ADVENTURE

MORE WATER
MORE FUN

www.camptekoea.org • 828-692-6516

High School • 1 WEEK



OVERVIEW

Whether you are an experienced boater or are exploring new interests, this is the adventure for you! HS Water Adventure is a step up from the MS Water Adventure, and there is no prerequisite for this adventure camp, simply the desire to have FUN in the water! Instructors teach water safety and proper paddling techniques. Campers start the week with a trip to Lake Jocassee where they canoe to their campsite. They will whitewater canoe on the rapids of the Tuckaseegee River and spend one day whitewater rafting on the Nantahala River.



PHYSICAL FITNESS

- Swim test; 100 ft without stopping and tread for 1 min.
- Comfortable paddling 3-4 hours everyday
- *Comfortable with Paddling class I-II white water

SKILLS LEARNED



- Food prep and cooking
- Teamwork
- Leave No Trace (LNT) basics
- Paddle strokes
- Boat Knowledge
- Lifting others up
- Food prep and cooking
- Fire building
- Canoe packing
- Class 1-2 river recognition



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 | ☐ Bathing suit (females: 1-piece) / (2 if you have them) |
| ☐ Towels & washcloths | ☐ Personal Items (toothbrush/paste, soap, shampoo, deodorant, cup) |
| ☐ Pillow & Sleeping Bag/sheets for cabin | ☐ Insect repellent & sunscreen |
| ☐ Good sturdy shoes for hiking | ☐ Carabiner(for water bottle) |
| ☐ A sleeping bag for campout | |
| ☐ Tent (if you have one that sleeps 2-3) | |
| ☐ Mesh or plastic bag to put wet clothes in | |
| ☐ Sleeping foam pad (if desired) | |
| ☐ Sturdy 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 | |

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

ADVENTURE ACTIVITIES



CANOE &
CAMPOUT



WHITewater
CANOE
(2 TRIPS)



WHITewater
RAFTING



WATERFALLS