

JOURNEY

www.camptekoea.org • 828-692-6516

Middle School • 1 WEEK



OVERVIEW

Are you ready to journey beyond your comfort zone? Journey takes campers on a two day backpacking trip, followed by a day of caving at Worley's Cave. After returning to camp and enjoying the adventure of our high ropes course, they will finish their week with a horseback riding trip. Take the Journey!



PHYSICAL FITNESS

- Hike 8-10 miles with a 30-40lb backpack
- Comfortable in narrow and tight spaces
- Comfortable with heights of 35' High Ropes



SKILLS LEARNED

- Packing a backpack
- Water purification
- Backcountry sanitation/hygiene
- Cave etiquette and knowledge
- Gear considerations for caving
- Leave No Trace (LNT) principles
- Food prep and cooking
- Campsite selection and setup



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 | ☐ Optional pack a tent if you own one. |
| ☐ Towels & washcloths | ☐ Personal Items (toothbrush/paste, soap, shampoo, deodorant, cup) |
| ☐ Pillow & Sleeping Bag/sheets (for cabin) | ☐ Insect repellent & sunscreen |
| ☐ Good sturdy shoes for hiking | |
| ☐ A sleeping bag (for backpacking) | |
| ☐ Extra dry clothes | |
| ☐ Mesh bag or plastic bag to put wet clothes in | |
| ☐ Bathing Suit (2 if you have them, 1 piece) | |
| ☐ Sleeping foam pad (if desired) | |
| ☐ Bathing suit or clothing that can get stained | |
| ☐ River sandals (sandals with a heel strap) or old tennis shoes (bring at least 2 pair). | |

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

ADVENTURE ACTIVITIES


BACKPACK


WATERFALLS


CAVE


HORSE RIDE