

BREAKOUT!

www.camptekoa.org • 828-692-6516

6TH GRADERS

Middle School • 1 WEEK



OVERVIEW

Breakout Camp is a great first step into our adventure program where rising 6th graders try their hands at rock climbing on our 40-foot tower, on-site camping, rafting down class I/II rapids, and waterfall hopping in Pisgah National Forest. They also have a late night event on the Big Zipline! They truly get to "Breakout!" as they enter a new chapter of their lives.



PHYSICAL FITNESS

- Paddling throughout a 2 hour raft trip
- Short hikes to waterfalls
- Swim test; 100 ft without stopping and tread for 1 minute
- Rock climb on wall to comfort zone (40 ft. max height)



SKILLS LEARNED

- Food prep and cooking
- Basic Paddling Skills

ADVENTURE ACTIVITIES



RAFT



WATERFALLS



LATE ZIP



PACKING LIST

Please put your camper's name on all belongings

- | | |
|---|---|
| ☐ Bible, notebook & pen/pencil | ☐ Flashlight or Headlamp |
| ☐ 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 | ☐ Sleeping foam pad (if desired) |
| ☐ Towels & washcloths | ☐ Personal Items (toothbrush/paste, soap, shampoo, deodorant, cup) |
| ☐ Pillow & Sleeping Bag or sheets (In Cabin) | ☐ Insect repellent & sunscreen |
| ☐ Good sturdy shoes for hiking | |
| ☐ A sleeping bag (For campout) | |
| ☐ Mesh bag or plastic bag to put wet clothes in | |
| ☐ Bathing Suit (2 if you have them, females:1-piece) | |
| ☐ 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 or rafting | |

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