

MS WATER ADVENTURE

MORE WATER
MORE FUN

www.camptekoea.org • 828-692-6516

Middle School • 1 WEEK



OVERVIEW

It is easy to see why Water Adventure is one of our most popular adventure camps! Campers spend one day at camp enjoying all the on-site water activities Tekoa has to offer. Their water adventures continue off-site with a day paddle boarding on the crystal blue water of Lake Jocassee, white water tubing and a day waterfall hopping in Pisgah National Forest. Instructors spend time teaching about water safety, proper paddling techniques, and having a blast in the water!



PHYSICAL FITNESS

- Paddling 3-5 miles on white water (class I-II)
- Paddle Board 2-3 hours
- Hiking short distances to waterfalls



SKILLS LEARNED

- River recognition and navigation (class I-II)
- Canoe packing
- Food prep and cooking
- Paddling techniques
- Boating Etiquette



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 | ☐ Insect repellent & sunscreen |
| ☐ Good sturdy shoes for hiking | ☐ Extra dry clothes |
| ☐ Sleeping foam pad (if desired) | |
| ☐ Extra socks | |
| ☐ Mesh bag or plastic bag to put wet clothes in | |
| ☐ Clothing that can get dirty | |
| ☐ Sturdy shoes or boots | |
| ☐ 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



PADDLE
BOARD



WHITEWATER
CANOE



RIVER TUBE



WATERFALLS