

# AMAZING RACE

HIGH SCHOOL • 1 WEEK

www.camptekoa.org • 828-692-6516



## OVERVIEW

The next big Tekoa Adventure is here! The Amazing Race utilizes many of the game dynamics of our most popular Adventure Camp, Survivor while traveling offsite on adventures. Campers will be challenged physically and mentally. The camp will have time onsite at the beginning and end of the week but part of the program is built in the mystery of revealing activities as they come in the week. We will Ducky Kayak on the Green River and have a few other land and water trips.

*If parents wish to know more, call the office and speak with our program staff.*

## PHYSICAL FITNESS

- Paddle a whitewater river
- Active hiker
- Comfortable in narrow and tight spaces

## SKILLS LEARNED

- Prepping gear for multi-day trip camp
- Water Purification
- Food prep and cooking
- Paddling techniques
- Basics of Leave No Trace (LNT)

## PACKING LIST

Please put your camper's name on all belongings

- |  |   |
|--|---|
| <input type="checkbox"/> Bible, notebook & pen/pencil  | <input type="checkbox"/> Flashlight or Headlamp (with extra batteries)                    |
| <input type="checkbox"/> Water bottle or canteen with screw-on lid   | <input type="checkbox"/> Shorts & long pants  |
| <input type="checkbox"/> Shirts (short & long sleeved)   | <input type="checkbox"/> Sweatshirt, sweater or jacket                                    |
| <input type="checkbox"/> Rain coat with hood or cap  | <input type="checkbox"/> Plastic bag to put wet clothes in                                |
| <input type="checkbox"/> Towels & washcloths   | <input type="checkbox"/> Personal Items (toothbrush/paste, soap, shampoo, deodorant, cup) |
| <input type="checkbox"/> Pillow & Sleeping Bag   | <input type="checkbox"/> Insect repellent & sunscreen (if desired)                        |
| <input type="checkbox"/> Sun block SPF-15 to SPF-30  | <input type="checkbox"/> Good sturdy shoes for hiking and trips                           |
| <input type="checkbox"/> A sleeping bag  | <input type="checkbox"/> Sleeping foam pad (if desired)                                   |
| <input type="checkbox"/> Extra socks   | <input type="checkbox"/> Extra dry clothes  |
| <input type="checkbox"/> Mesh bag  | <input type="checkbox"/> Clothing that can get dirty                                      |
| <input type="checkbox"/> Bathing Suit (2 if you have them)   |   |
| <input type="checkbox"/> Sturdy closed-toed shoes or boots   |   |
| <input type="checkbox"/> River sandals (sandals with a heel strap) or old tennis shoes (bring at least 2 pair). Do not plan to wear flip-flops on paddling trip. |   |
| <input type="checkbox"/> Optional: High quality Tent (Tekoa can provide, but yours would be helpful)   |   |

REMINDER: Please remember to keep electronic devices at home - this includes **cell phones**

## ADVENTURE ACTIVITIES



WHITEWATER  
DUCKIES



MYSTERY  
CHALLENGES

- Campsite selection, organization and setup
- Backcountry sanitation and Hygiene
- Outdoor Etiquette