

# EXPEDITION EXTREME [2 EX]

www.camptekoea.org • 828-692-6516

HIGH SCHOOL • 2 WEEK



## OVERVIEW

2-Ex is a rigorous and high-paced 2 week adventure through Western North Carolina and East Tennessee. Campers will spend four-days/three-nights backpacking, two days rock climbing at Looking Glass Rock, a day mountain biking in Dupont State Forest, and three nights/4 days canoeing and camping. The expedition will finish with a caving trip in Worley's Cave in East Tennessee, scuba diving in Lake Jocassee and a day of horseback trail riding. Campers will be back in time to experience Tekoa's closing campfire and candlelight service with all the other campers. You must be a rising sophomore in high school to register for 2-Ex.



## PHYSICAL FITNESS

- 25-30 miles backpacking, 4 days / 3 nights
- Carry a 30-45 lb backpack
- Rock Climb, varied skill levels
- Paddle 10 miles
- Comfortable in tight spaces



## SKILLS LEARNED

- Packing a backpack
- Food prep and cooking
- Paddling techniques
- Backcountry sanitation and hygiene
- Basic climbing gear knowledge
- Scuba Diving Basics
- Campsite selection, organization and setup
- Basic of Leave No Trace (LNT)
- Water purification
- Basic rock climbing technique
- Belay commands
- Paddling technique
- Caving Etiquette
- Trail Etiquette
- Packing a canoe for camping
- Climbing knots
- River recognition and navigation



## 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)
- Towels & washcloths
- Personal Items (toothbrush/paste, soap, shampoo, deodorant, cup)
- Pillow & Sleeping Bag
- Insect repellent & sunscreen (if desired)
- Sun block SPF-15 to SPF-30
- Good sturdy shoes for hiking
- A sleeping bag
- Sleeping foam pad (if desired)
- Extra socks
- Extra dry clothes
- Mesh bag
- Plastic bag to put wet clothes in
- Bathing Suit (2 if you have them)
- Clothing that can get dirty
- Sturdy shoes or boots
- Caribeaners (for water bottle)
- Bathing suit or clothing that can get stained (Camp Tekoa has a mud pit and slip-n-slide – participation is optional)
- River sandals (sandals with a heel strap) or old tennis shoes (bring at least 2 pair). Do not plan to wear flip-flops on the canoe trip.

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

## ADVENTURE ACTIVITIES



CAVE



CANOE



BACKPACK



CLIMB



MT BIKE



HORSERIDE



SCUBA