

# JOURNEY

www.camptekoa.org • 828-692-6516

## ALL GIRLS

Middle School • 1 WEEK



### OVERVIEW

Are you ready to journey beyond your comfort zone? Journey takes the girls 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, the girls 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 and hygiene
- Cave etiquette and knowledge
- Gear considerations for caving
- Leave No Trace (LNT) principles
- Campsite selection and setup
- Food prep and cooking



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

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

### ADVENTURE ACTIVITIES

			
BACKPACK	WATERFALLS	CAVE	HORSERIDE