

www.camptekoa.org • 828-692-6516

9TH GRADERS

High School • 1 WEEK

OVERVIEW

Blitz! is a camp for rising HS 9th graders. This camp is designed to help campers transition to high school with plenty of challenges! You will explore the depths of Worley's Cave in TN, climb our vertical playground, and paddleboard on Lake Jocassee. You will also rockclimb in Pisgah at Looking Glass Rock. Every night will be in camp with one night spent under the stars in our meadow!

- Stand Up Paddling on open water
- •Swimtest; 100 ft without stopping and tread for 1 minute
- Rock climb on rock to comfort zone (75 ft. max height)
- Comfortable in tight / dark spaces
- •Ride 8-10 miles on a mountain bike



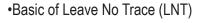




SKILLS LEARNED

PHYSICAL FITNESS

- Caving Ettiquete
- •Basic rock climbing technique
- •Basic climbing gear knowledge
- Stand Up Paddling



□Shorts & long pants

□Extra dry clothes

Sweatshirt, sweater or jacket

Good sturdy shoes for hiking □ Sleeping foam pad (if desired)

Clothing that can get dirty

□ Flashlight or Headlamp (with extra batteries)

□Insect repellent & sunscreen (if desired)

Personal Items (toothbrush/paste, soap, shampoo, deodorant, cup)

 Mountain Bike skills Belay commands

PACKING LIST

Please put your camper's name on all belongings

	0		
notebook	Ō.	pen/	pencii

- □Water bottle or canteen with screw-on lid
- □ Shirts (short & long sleeved)
- □ Rain coat with hood or cap
- □ Towels & washcloths
- □ Pillow & Sleeping Bag
- □ Sun block SPF-15 to SPF-30
- □ A sleeping bag
- □Extra socks
- Mesh bag
- Plastic bag to put wet clothes in Bathing Suit (2 if you have them: females: 1-piece) Caribeaner for water bottle
- □ Sturdy shoes or boots
- 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 while Paddle-boarding

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

Camp Tekoa cares about every camper. In following industry standards, efforts aremade to provide safety devices, equipment, procedures, and proper training of all staff. However, as in any outdoor experience, there exists an inherent risk/danger in all camp activities.

