

BLITZ!

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!



PHYSICAL FITNESS

- 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

- Caving Etiquette
- Basic rock climbing technique
- Basic climbing gear knowledge
- Stand Up Paddling
- Basic of Leave No Trace (LNT)
- Mountain Bike skills
- Belay commands



PACKING LIST

Please put your camper's name on all belongings

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| <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"/> Clothing that can get dirty |
| <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 |
| <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"/> Plastic bag to put wet clothes in |
| <input type="checkbox"/> Bathing Suit (2 if you have them: females: 1-piece) | <input type="checkbox"/> Caribeaner for water bottle |
| <input type="checkbox"/> Sturdy shoes or boots | |
| <input type="checkbox"/> Bathing suit or clothing that can get stained (Camp Tekoa has a mud pit and slip-n-slide – participation is optional) | |
| <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 while Paddle-boarding | |

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

ADVENTURE ACTIVITIES

 PADDLE BOARD	 MT BIKE	 CLIMB	 CAVE
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