

CASCADE

www.camptekoa.org • 828-692-6516

ALL GIRLS

Middle School • 1 WEEK



OVERVIEW

Cascade is a camp that combines our most popular activities for an all girls group! Campers will enjoy a Tubing float trip down the Green River. Then they will explore Pisgah National Forest on a Waterfall Hopping day followed by a day Snorkling and Stand-Up Paddle Boarding on Lake Jocasee. Their adventure culminates in a Horseback Trail Ride through Pisgah.



PHYSICAL FITNESS

- 5-10 miles mountain biking
- Short Hikes to waterfalls
- Rock climb to comfort zone with a maximum of 125ft



SKILLS LEARNED

- General horse knowledge
- Riding tack
- Mounting a horse
- Rock Climbing technique
- Climbing knots
- Mountain bike functions a
- Backcountry Hygiene
- Food prep and cooking
- Rock climbing gear knowledge



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"/> Bathing suit (females: 1-piece) / (2 if you have them) |
| <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"/> Clothing that can get dirty | |
| <input type="checkbox"/> Sturdy closed-toed 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 at waterfalls | |

ADVENTURE ACTIVITIES



HORSERIDE



WATERFALLS