

# EXPLORER

## ALL GIRLS

www.camptekoa.org • 828-692-6516

Middle School • 1 WEEK



### OVERVIEW

This camp allows girls to explore God's beautiful creation! The week begins with the challenge of our High Ropes course, which features a 70' giant swing. Explorers will explore the heights of Pisgah National Forrest with a summit hike excursion, tube down the Green River, and experience the thrill of rafting down the Pigeon! The trip culminates with exploring the depths of Worley's Cave in eastern TN.



### PHYSICAL FITNESS

- Comfortable in narrow and tight spaces
- Paddling river rapids
- Swimtest; 100 ft without stopping and tread for 1 minute
- Comfortable in narrow and tight spaces
- Comfortable with heights 45'+



### SKILLS LEARNED

- Exploring cavern system
- Basic paddling
- River Rapid recognition and navigation
- Guided Rafting experience



### 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"/> Insect repellent & sunscreen                                     |
| <input type="checkbox"/> Towels & washcloths   | <input type="checkbox"/> Personal Items (toothbrush/paste, soap, shampoo, deodorant, cup) |
| <input type="checkbox"/> Pillow & Sleeping Bag/sheets  | <input type="checkbox"/> Caribeaner for water bottle                                      |
| <input type="checkbox"/> Good sturdy shoes for hiking  |   |
| <input type="checkbox"/> Sleeping foam pad (if desired)  |   |
| <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 bathing suits)  |   |
| <input type="checkbox"/> Sturdy closed-toed shoes or boots   |   |
| <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 (bring at least 2 pair). Do not plan to wear flip-flops at waterfalls, rafting or tubing. |   |

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

### ADVENTURE ACTIVITES



RIVER TUBE



RAFT



PISGAH  
ADVENTURE



CAVE