

OVERBOARD!

www.camptekoa.org • 828-692-6516

ALL BOYS

Middle School • 1 WEEK



OVERVIEW

This all boys camp will take adventure **overboard!** This week includes exciting water filled adventures, from a fishing campout at a local lake, Canoeing down the Tuckasegee River, paddle boarding in the crystal clear waters of lake Jocassee and even waterfall hopping in Pisgah National Forest! Go deeper this summer! Jump Overboard!



PHYSICAL FITNESS

- Swimtest; 100 ft without stopping and tread for 1 minute
- Paddling 3-4 hours
- Paddling a stand up paddle board half day



SKILLS LEARNED

- Paddling
- Fishing Basics
- Reading river rapids
- Teamwork
- Fire building



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) |
| <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 |
| <input type="checkbox"/> Good sturdy shoes for hiking | <input type="checkbox"/> Two man backpacking tent (if you have it) |
| <input type="checkbox"/> Sleeping foam pad (if desired) | <input type="checkbox"/> Clothing that can get dirty |
| <input type="checkbox"/> Extra socks | <input type="checkbox"/> Extra dry clothes |
| <input type="checkbox"/> Mesh or plastic bag to put wet clothes in | <input type="checkbox"/> Plastic bag to put wet clothes in |
| <input type="checkbox"/> Bathing Suit (2 if you have them) | <input type="checkbox"/> Caribeaner for water bottle |
| <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 | |
| <input type="checkbox"/> Fishing Gear: Pole, tackle | |

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

ADVENTURE ACTIVITIES

			
FISHING CAMPOUT	PADDLE BOARD	WHITE WATER CANOE	WATERFALLS