



OVERVIEW

Are you ready to take the voyage with this new middle school summer camp? It has three amazing trips throughout the week, Caving at Worley's Cave, Whitewater Rafting and all new Inflatable Kayaking. Campers will learn more about themselves and God all along the voyage.



PHYSICAL FITNESS

- Paddle on a 3.5 mile river
- Move a 25 pound inflatable kayak
- 50 meter swim
- Comfortable in narrow and tight spaces



SKILLS LEARNED

- Paddle strokes
- Food prep and cooking
- River Etiquette
- Basics of Leave No Trace (LNT)
- Reading rapids
- Cave Etiquette
- Gear Considerations for Caving
- Equipment for river navigation



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 (if desired) |
| <input type="checkbox"/> Sun block SPF-15 to SPF-30 | <input type="checkbox"/> Good sturdy shoes |
| <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) | <input type="checkbox"/> Clothing that can get dirty |
| <input type="checkbox"/> Sturdy closed-toed shoes or boots | <input type="checkbox"/> Carabeaner for water bottle |
| <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 on canoe trip. | |

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

ADVENTURE ACTIVITIES



CAVE



Rafting



Kayaking