



## OVERVIEW

Come take the leap! This camp is all about taking a leap of faith. Leap is the only middle school group that does all ropes elements we have on site including Ziplines, High Ropes, Climbing Tower, Leap of Faith, Rock Climbing/Vertical Playground, Campers will also be going rock climbing offsite and end the week exploring waterfalls at Pisgah National Forest. Our goal is to get kids out of their comfortzone to better understand themselves and thier relationship with God.

## PHYSICAL FITNESS

- Swimtest; 100 ft without stopping and tread for 1 minute
- Rock climbing within comfort zone with a 75 ft max
- Short hikes to waterfalls

## SKILLS LEARNED

- Climbing safety
- Teamwork
- Leave No Trace (LNT) basics
- Climbing technique

## 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 for hiking                                     |
| <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"/> Climbing shoes (if you have them)                                |
| <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 |   |

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

## ADVENTURE ACTIVITES



Vertical  
Playground



CLIMB



WATERFALLS



Zipline