

RIVER RUNNERS

MORE WATER
MORE FUN

www.camptekoa.org • 828-692-6516

High School



OVERVIEW

Does your camper enjoy all things water? This is the perfect camp for them! Every day they will be going on river adventures such as tubing, Kayaking, whitewater rafting, canoeing and riverside camping! Campers will end the week Stand Up Paddle Boarding at the beautiful Lake Jocassee.

PHYSICAL FITNESS

- Paddling 3-5 miles on white water
- Paddle Board 2-3 hours
- 50 meter swim

SKILLS LEARNED

- River recognition and navigation (class-I-II)
- Canoe packing
- Food prep and cooking
- Paddling techniques
- Boating Etiquette
- Camping Basics

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/sheets | <input type="checkbox"/> Insect repellent & sunscreen |
| <input type="checkbox"/> Good sturdy shoes for hiking | <input type="checkbox"/> Extra dry clothes |
| <input type="checkbox"/> Sleeping foam pad (if desired) | <input type="checkbox"/> Carabeaner for water bottle |
| <input type="checkbox"/> Extra socks | |
| <input type="checkbox"/> Mesh bag or plastic bag to put wet clothes in | |
| <input type="checkbox"/> Clothing that can get dirty | |
| <input type="checkbox"/> Sturdy shoes or boots | |
| <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

