

ULTIMATE CHALLENGE

www.camptekoea.org • 828-692-6516

HIGH SCHOOL • 1 WEEK



OVERVIEW

Ultimate Challenge brings out the best in every camper! Ultimate Challenge is a non-stop, fun-filled week where high school campers participate in a variety of water, rock, rope and trail activities. UC begins with a three-day/two-night backpacking trip in Pisgah National Forest. Once campers return from the trail they will attempt Tekoa's high vertical playground and big zipline. This time spent off the ground will help prepare the campers for one final day in Pisgah National Forest, rock climbing at Looking Glass rock. **New this year-** Ultimate Challenge will stand up paddle board at Lake Jocasee.



PHYSICAL FITNESS

- 20-25 miles backpacking, 3 days / 2 nights
- Carry a 30-45 lb backpack
- Rock Climb, varied skill levels
- Paddle Board 2-3 hours



SKILLS LEARNED

- Packing a backpack
- Food prep and cooking
- Knife safety
- Backcountry sanitation and hygiene
- Basic climbing gear rundown
- Climbing knots
- Campsite selection, organization and setup
- Basic LNT (Leave No Trace) principles
- Water purification
- Basic rock climbing technique
- Belay commands
- Basic rapid recognition and navigation



PACKING LIST

Please put your camper's name 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"/> 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"/> 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 the river for tubing | |

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

Camp Tekoa cares about every camper. In following industry standards, efforts are made to provide safety devices, equipment, procedures, and proper training of all staff. However, as in any outdoor experience, there exists an inherent risk/danger in all camp activities.

ADVENTURE ACTIVITIES



BACKPACK



CLIMB



PADDLE BOARD



VERTICAL PG
BIG ZIP