

# BREAKOUT!

## 6TH GRADERS

www.camptekoa.org • 828-692-6516

Middle School • 1 WEEK



### OVERVIEW

The Breakout Camp is a great first step into our adventure program where rising 6th graders try their hands at rock climbing on our 40-foot tower, on-site camping, rafting down class I/II rapids and waterfall hopping in Pisgah National Forest. They also have a late night event on the Big Zipline! They truly get to "Breakout!" as they enter a new chapter of their lives.



### PHYSICAL FITNESS

- Paddling throughout a 2 hour raft trip
- Short hikes to waterfalls
- Swimtest; 100 ft without stopping and tread for 1 minute
- Rock climb on wall to comfort zone (40 ft. max height)



### SKILLS LEARNED

- Food prep and cooking
- Basic Paddling Skills



### PACKING LIST

Please put your camper's name on all belongings

- |   |   |
|---|---|
| <input type="checkbox"/> Bible, notebook & pen/pencil   | <input type="checkbox"/> Flashlight or Headlamp   |
| <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"/> Sleeping foam pad (if desired)                                   |
| <input type="checkbox"/> Towels & washcloths  | <input type="checkbox"/> Personal Items (toothbrush/paste, soap, shampoo, deodorant, cup) |
| <input type="checkbox"/> Pillow & Sleeping Bag or sheets (In Cabin)   | <input type="checkbox"/> Insect repellent & sunscreen                                     |
| <input type="checkbox"/> Good sturdy shoes for hiking   |   |
| <input type="checkbox"/> A sleeping bag (For campout)   |   |
| <input type="checkbox"/> Mesh bag or plastic bag to put wet clothes in  |   |
| <input type="checkbox"/> Bathing Suit (2 if you have them, females:1-piece)   |   |
| <input type="checkbox"/> Sturdy 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 or rafting |   |

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

## ADVENTURE ACTIVITIES



RAFT



WATERFALLS



LATE ZIP