

BREAKOUT!

www.camptekoa.org • 828-692-6516

6TH GRADERS

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 raging 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 (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 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 at waterfalls or rafting | |

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

ADVENTURE ACTIVITIES



RAFT



WATERFALLS



LATE ZIP