

# HS WATER ADVENTURE

MORE WATER  
MORE FUN

www.camptekoa.org • 828-692-6516

High School • 1 WEEK



## OVERVIEW

Whether you are an experienced boater or are exploring new interests, this is the adventure for you! HS Water Adventure is a step up from the MS Water Adventure. There is no prerequisite for this adventure camp, simply the desire to have FUN in the water! Instructors teach water safety and proper paddling techniques. Campers start the week with a trip to Lake Jocasee where they canoe to their campsite. Next they will whitewater canoe on the rapids of the Tuckaseegee River. Campers then spend one day whitewater rafting on the Nantahala River.

## PHYSICAL FITNESS

- Swimtest; 100 ft without stopping and tread for 1 minute
- Comfortable paddling 3-4 hours everyday
- Comfortable with Paddling class 1-2 white water

## SKILLS LEARNED

- Food prep and cooking
- Teamwork
- Leave No Trace (LNT) basics
- Paddle stroke
- Boat Knowledge
- Lifting others up
- Food prep and cooking
- Fire building
- Canoe packing
- Class 1-2 river recognition

## 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   | <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"/> Clothing that can get dirty   | <input type="checkbox"/> Tent (if you have one)   |
| <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 |   |

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

## ADVENTURE ACTIVITIES



CANOE & CAMPOUT



WHITewater CANOE



WHITewater RAFTING



WATERFALLS