

EXPLORER

www.camptekoa.org • 828-692-6516

ALL GIRLS

Middle School • 1 WEEK



OVERVIEW

This camp allows girls to explore God's beautiful creation! The week begins with the challenge of our High Ropes course, which features a 70' giant swing. Explorers will explore the heights of Pisgah National Forrest with a summit hike excursion, tube down the Green River, and experience the thrill of rafting down the Pigeon! The trip culminates with exploring the depths of Worley's Cave in eastern TN.



PHYSICAL FITNESS

- Comfortable in narrow and tight spaces
- Paddling river rapids
- Swimtest; 100 ft without stopping and tread for 1 minute
- Comfortable in narrow and tight spaces
- Comfortable with heights 45'+



SKILLS LEARNED

- Exploring cavern system
- Basic paddling
- River Rapid recognition and navigation
- Guided Rafting experience



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"/> Insect repellent & sunscreen |
| <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"/> Good sturdy shoes for hiking | |
| <input type="checkbox"/> Sleeping foam pad (if desired) | |
| <input type="checkbox"/> Extra dry clothes | |
| <input type="checkbox"/> Mesh bag or plastic bag to put wet clothes in | |
| <input type="checkbox"/> Bathing Suit (2 if you have them, 1 piece bathing suits) | |
| <input type="checkbox"/> Sturdy closed-toed 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, rafting or tubing. | |

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

ADVENTURE ACTIVITES



RIVER TUBE



RAFT



PISGAH
ADVENTURE



CAVE