

RIDGES, ROCKS AND RAPIDS (R3)

www.camptekoa.org • 828-692-6516

ALL BOYS • MIDDLE SCHOOL • 1 WEEK



OVERVIEW

This brand-new camp will take adventure to the next level. Campers will take in the views of Pisgah National Forest on a 2-day backpacking trip, climb Looking Glass Rock and tube in the beautiful Green River Gorge. The week will conclude with an exploration of Worley's Cave in Tennessee! R3 is action-packed adventure!



PHYSICAL FITNESS

- Swimtest; 100 ft without stopping and tread for 1 minute
- Rock climbing within comfort zone with a 150 ft max
- 10 miles carrying a 35 lb backpack
- Tubing down rapids
- Comfortable in tight spaces



SKILLS LEARNED

- Food prep and cooking
- Leave No Trace (LNT) basics
- Packing a backpack
- River Navigation
- Teamwork
- Fire building
- Caving Etiquette



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 closed-toed shoes or boots | <input type="checkbox"/> Tent (if you have one) |
| <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 | |
| <input type="checkbox"/> Caving Clothes & Shoes- bring a set of clothes & pair of sturdy shoes for muddy caving that you will only wear that day. | |

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

ADVENTURE ACTIVITIES

			
BACKPACK	CLIMB	RIVER TUBE	CAVE