

# RIDGES, ROCKS AND RAPIDS (R3)

www.camptekoa.org • 828-692-6516

ALL BOYS • MIDDLE SCHOOL • 1 WEEK



## OVERVIEW

This action packed 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"/> 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/Sheets for cabin  | <input type="checkbox"/> Insect repellent & sunscreen                                     |
| <input type="checkbox"/> Good sturdy shoes for hiking  | <input type="checkbox"/> Extra dry clothes  |
| <input type="checkbox"/> A sleeping bag for backpacking  | <input type="checkbox"/> Tent (if you have one)   |
| <input type="checkbox"/> Extra socks   |   |
| <input type="checkbox"/> Mesh or plastic bag for wet clothes   |   |
| <input type="checkbox"/> Bathing Suit (2 if you have them)   |   |
| <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 |   |
| <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