

CASCADE

www.camptekoa.org • 828-692-6516

ALL GIRLS

Middle School • 1 WEEK



OVERVIEW

Cascade is a camp that combines our most popular activities for an all girls group! Campers will enjoy a Tubing float trip down the Green River. Then they will explore Pisgah National Forest on a Waterfall Hopping day followed by a day Stand-Up Paddle Boarding on Lake Jocasee. Their adventure culminates in a Horseback Trail Ride through Pisgah.



PHYSICAL FITNESS

- Paddling 1-2 miles
 - Short Hikes to waterfalls
 - Horse riding for 2 hours
- Swimtest; 100ft without stopping and tread for 1 minute



SKILLS LEARNED

- General horse knowledge
- Riding tack
- Mounting a horse
- Paddling technique



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 (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/sheets | <input type="checkbox"/> Insect repellent & sunscreen |
| <input type="checkbox"/> Sleeping foam pad (if desired) | |
| <input type="checkbox"/> Extra socks | |
| <input type="checkbox"/> Mesh or plastic bag to put wet clothes in | |
| <input type="checkbox"/> Extra dry clothes | |
| <input type="checkbox"/> Sturdy closed-toed shoes or boots for horseback riding | |
| <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 or tubing. | |

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

ADVENTURE ACTIVITIES



RIVER TUBE



PADDLE BOARD



HORSERIDE



WATERFALLS