



Adventure Trek

campalbemarle.org • 252-726-4848

Rising 7th – 12th Grade • 10 Day

OVERVIEW

Come experience the beauty of God's creation across Western North Carolina while sleeping under the stars. Hear the crackling of the campfire as you learn to plan and prepare your own meals over the fire. Splash in the water down the French Broad River in a raft with new friends. Challenge yourself and your group while backpacking through Pisgah National Forest or climbing up rock faces. See what is hidden in Linville Caverns. All of this while still getting to do your favorite activities at Camp Albemarle. *Most gear will be provided. *

Adventure Trek strives to nurture spiritual growth in our campers through interaction with the wonders of God's creation and to foster deep relationships with Christ in our churches, communities, and the world. Our camp programs create purposeful opportunities to plant seeds and have campers grow spiritually throughout the day. At morning watch campers receive a seed for thought, providing them with a focus for the day. Bible study grants living water for campers to seek teachings directly from the bible based upon what was planted earlier that morning. At vespers one of our staff or a local pastor speaks directly on the subject, giving a strong root system for campers to reach further out in their faith. Devotions are opportunities for campers to ask questions and debrief on the day so they may begin to grow further in their faith in Christ.

Adventure campers will enjoy many other activities such as sailing, low ropes challenge course, giant swing, archery, arts and crafts, tree climbing, swimming in our pool, skit night, and much more! (See our mock schedule of events.)

Adventure camps are organized in family groups. Each family group typically consists of 5 boys and 5 girls with a male and female counselor. Family groups participate in all activities together and are housed separately by gender in platform tents and pitched tents off site. Depending on registration numbers, some family groups are single-gendered. Family groups are organized by camper age and cabin mate requests.

PHYSICAL FITNESS

- White water rafting for up to 6 miles
- Backpacking for up to 10 miles
- Climb up and down a 70 foot rock face
- Clamor through a cave
- Swim test; 25 yards without stopping and tread water for 1 minute

SKILLS LEARNED

- Basic sailing skills
- Backcountry skills
- Rafting
- Rock Climbing

PACKING LIST

(Please label your belongings)

- Bible, notebook & pen/pencil
- Water bottle with a screw-on lid
- Short sleeved shirts
- Raincoat/poncho or rain gear
- Towels & washcloths
- Pillow
- Sleeping bag
- Sunscreen & insect repellent
- Extra socks
- Swimsuit appropriate for camp (2 if you have them) (female: 1 piece, males; swim trunks, no speedos)
- Pair of athletic shoes
- Pair of water shoes or river sandals (sandals with a heel strap) for exploring in Bogue Sound
- Flashlight or headlamp
- Shorts & long pants
- Long sleeved T-shirt
- Sweatshirt and sweatpants for cool weather
- Personal items (toothbrush/toothpaste, soap, shampoo, deodorant)

Camp Albemarle is devoted to the safety of every camper, efforts are made to provide safety devices, equipment, procedures, and proper training to all staff. However, as in any outdoor experience, there exists an inherent risk/danger in all camp activities.

- Good sturdy hiking shoes
 - Sleeping foam pad (if desired)
 - Backpacking pack (if desired)
 - Extra dry clothes
 - Clothing that can get dirty
 - Plastic bag to put wet clothes in
- Dirty laundry bag
 - Hat (if desired)
 - Any medications you are taking (must be turned in to Healthcare Staff)
 - Beach towel to use at the pool and waterfront

REMINDER:

Please keep electronic devices at home – this includes cell phones