Adventure Trek

campalbemarle.org • 252-726-4848 Completed 9th – 12th Grade • 10 Day

LOCATION

Camp Albemarle on the Sound
156 Albemarle Drive
Newport, NC 28570

OVERVIEW

Get ready to explore the rugged beauty of **Western North Carolina** in an action-packed week that will take you deep into the heart of nature! At **Adventure Trek**, you'll sleep under the stars, hearing the crackle of the campfire as you learn to plan and cook your own meals over an open flame. The adventure continues as you and your new friends **splash down the river in a raft**, tackle the challenges of **backpacking through the forest**, and scale stunning rock faces. And the best part? You'll still get to experience your favorite activities back at **Camp Albemarle**.

But Adventure Trek is more than just outdoor thrills—it's a journey of **spiritual growth**. Every day begins with **Morning Watch**, where campers are given a "seed for thought" to inspire their faith journey. During **Bible Study**, campers dive into scripture, soaking up wisdom from God's Word, and at **Vespers**, a staff member or local pastor helps tie the day's lessons together, providing a strong foundation for spiritual growth. The day concludes with **Devotions**, offering campers a time to reflect, ask questions, and deepen their relationship with Christ.

When not exploring the wild, Adventure Trek campers will enjoy all the classic camp activities: **sailing**, the **low ropes challenge course**, the **giant swing**, **archery**, **arts and crafts**, **tree climbing**, and more. Cool off with a swim in the pool or let loose during the always-entertaining **skit night**!

Campers are organized into **family groups**—each typically consisting of 5 boys and 5 girls, led by both a male and female counselor. These groups will share all the adventures and challenges together, building strong friendships and memories as they tackle every activity. Campers are housed in **platform tents** or **pitched tents** off-site, with family groups arranged by camper age and cabinmate requests for an awesome and comfortable experience.

Adventure Trek blends the thrill of the great outdoors with spiritual discovery, creating a week filled with excitement, exploration, and personal growth. This is more than just camp—it's an unforgettable adventure in God's incredible creation!

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
- A plug in fan
- Sweatshirt and sweatpants for cool weather
- Something to pack all your items in (large suitcase/duffle bag, tote, or trunk)
- Sunscreen & insect repellant
- 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
- Personal items (toothbrush/toothpaste, soap, shampoo, deodorant)
- Good sturdy shoes for hiking
- Sleeping foam pad (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 **(if a camper is found with a cell phone, it may be taken and kept until the end of the camp session)**

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.