

Summer 2017

Hi Rock Climbing RAD Camper,

My name is Emily Segura and I am Big Lake Youth Camp's RAD Camp Director for 2017. I am very excited that you have chosen to spend a week of your summer with the RAD team. You are registered for Rock Climbing RAD. We will be spending our nights at BLYCs' private reserve, just 15 minutes North of Smith Rock State Park. Our days will be spent climbing at Smith Rock State Park. On Wednesday we will take a day off from climbing to go rafting on the Maupin section of the Deschutes River.

The Rock Climbing camp will cover basic climbing movements, knots, rope management, belaying, rappelling, an introduction to lead climbing techniques, and risk management related to a rock climbing environment.

The summer in Central Oregon is hot and the sun is intense. We always do our best to minimize our time in the sun by doing most of our climbing and hiking in the shade. Hydration and sun protection are extremely important while being outdoors in these conditions. Please be sure to pack a hat and a water bottle as listed on the packing list. It is important you come to camp prepared with everything on the packing list. BLYC will provide you with rock climbing gear, but if you prefer to bring your own climbing shoes and harness, you are welcome to. Any personal climbing gear will need to be inspected by our RAD staff before it is used.

Since we operate in remote wilderness locations, Big Lake's RAD Camp staff carry cellular and satellite communication devices to assist in case of an emergency. Our staff are equipped with a variety of medical certifications to promote your health and well-being.

If you have any questions concerning your RAD Camp, curriculum, packing or gear, please let me know.

I look forward to seeing you this summer!

Sincerely,

Emily Segura  
RAD Camp Director  
Big Lake Youth Camp  
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## Rock Climbing RAD Camp | Packing List

Equipment	#	Description
T-shirts	3+	Cotton t-shirt for being in camp.
Sun/quick drying shirt	2+	Button up, or other shirts that are quick drying and will protect you from the sun.
Fleece shirt	1	Evenings are cool. A sweatshirt or fleece for the desert morning and evenings is handy.
Rain jacket	1	Just in case it rains.
Down/synthetic layer	1	Optional. If you get cold easily, a heavier layer for the cool mornings/evenings is recommended.
Hiking/climbing shorts	1	Shorts made out of durable materials would be best as they are less likely to rip and are comfortable with a harness on. However, gym/athletic shorts also work well and are light and breathable.
Males: Swimsuit	1	Regular swimsuits or boardshorts.
Females: Swimsuit	1	One piece or tankini highly encouraged. Board/athletic shorts highly recommended to protect legs from rubbing against raft.
Males: Underwear	3+	Capilene®, Coolmax® or silk are recommended.
Females: Underwear	3+	Capilene®, Coolmax® or silk are recommended.
Hiking/climbing pants	1	A light but durable pant for the cool evenings and mornings. If you choose to climb in your pants for good sun protection make sure to bring something durable, or expect them to get ruined from rubbing against rocks. No jeans.
Baseball-cap/sun hat	1	For sun protection.
Wool or fleece hat	1	To keep warm at night/morning.
Camp shoes	1	A lightweight shoe to wear around base camp (Sanuks, Chacos, keens, tennis shoes, etc.)
Hiking boots	1	Ankle or mid height is fine. (Approach shoe recommended for climbing approaches.)
Sandal	1	For showers (optional).
Water bottle	1+	1 liter (or greater). Nalgene bottles are recommended.
Toiletries		Travel size toothpaste, toothbrush, soap, shampoo, deodorant, etc.
Sunscreen		SPF 30 or greater. 6 oz. or more.
Zinc		Offers total sun protection. Great for nose and ears.
Sunglasses	1	Don't bring your best pair of shades. Bring a pair that can get beat up and wet.
Lip balm		SPF 15 or greater (required).
Bandanas	1-2	Sun protection (optional).
Watch	1	Water resistant, alarm, and light.
Bible	1	Will be used at worship/solo time. Put in a plastic bag to protect from weather/water damage.
Journal/small notepad	1	Small, lightweight pad for journaling and note-taking.
Sleeping bag/pad, and pillow.	1	Bags need to be rated for 35°F or colder. High desert nights can get cool and frosty. Closed-cell foam or inflatable pad to insulate between the ground and the bag.