



BIG LAKE

YOUTH CAMP

Hello Horse Extreme camper,

We are so excited to have you at camp this summer with us up at the barn. As you may have heard, this year's theme at camp is "Refuge". At the barn, our hope is that you not only have a great time learning about horses and how to communicate with them, but that you also find refuge in God through His creation. To me, finding refuge at the barn means: a safe space to learn and make mistakes, a place that promotes positive growth, an enjoyable environment to make life long memories, and a time to discover a relationship with Christ.

Come prepared to do some learning, some reviewing of already gained knowledge, and possibly the chance to help someone else learn a new skill. A quote that I like is, "An open mind will open doors." There will be times that something won't make sense, something will be frustrating, and sometimes we'll do something that some people would say isn't "fun". I ask that you take that opportunity and let it open a different door that promotes positive growth.

Horses are not "just a horse", they are living animals that seek refuge like us. They seek a relationship with us that they feel safe to learn and make mistakes in, to have a sense of belonging, and to be heard. My hope is that you will come ready to not only enjoy growing your horsemanship skills, but to also build a special relationship with a horse in such a way that you both find refuge. We look forward to seeing you and exploring a learning adventure together.

Katie Beth, Horsemanship Director

On behalf of the wrangler team, we are so excited and happy to know that you will be joining us! We are hoping that the time you are here, you get the chance to have fun, learn, grow, and discover another refuge place. Our wrangler team is here to make all that possible, so don't be afraid to ask questions or just deep dive into a conversation because that's what we are here for. WE are looking forward to having you be part of the horse family.

Best wishes,
Andrea, Head Wrangler

If you would like to bring your own horse, please contact Katie Beth Miller, Big Lake's horsemanship director, at milokbm@yahoo.com to make arrangements.

If your parents need to reach you while you are away at camp, staff will always have a cell phone, and parents can reach them by calling 503.850.3562.

RAD Horse Extreme Packing List (in addition to the basic packing list in the *Parent Pack*)

Item	Quantity	Notes
Sturdy Riding Pants	3-4	Jeans or breeches work well; thin leggings are not recommended as they don't protect legs on trail rides.
Boots/Riding Shoes	1	At least ½ inch heel is recommended for boots or riding shoes. We do have boots campers can wear if they don't have their own.
Tall Socks	5+	Recommended. Tall socks make wearing boots more comfortable by keeping the tops of boots from rubbing your calves. Tucking your pants into your boots can do the same thing.
Helmet	1	Equestrian helmet, ASTM-approved; we have helmets campers can wear if they don't bring their own.
Water Bottle	1	Liter or quart size recommended. Must seal well. No hydration packs or fanny packs due to risk of snagging on trees while on trail.
Masks / Bandanas	5+	Bring a clean mask or bandana for each day. We'll do as much as we can without masks, but they'll still be required sometimes.
Long Sleeves	2-3	Sun protection, layering in the mornings and evenings, also help protect arms from scratches during trail rides.
Rain Gear/warm jacket		A rain jacket or shell is helpful just in case precipitation happens and we have cooler weather.