



BIG LAKE

YOUTH CAMP

Summer 2023

Hi Ultimate RAD Camper,

My name is Christina, and I'm Big Lake Youth Camp's RAD Director this year. I'm excited that you've chosen to spend part of your summer with us! You are registered for Ultimate RAD Camp, July 2-7, 2023.

Ultimate RAD camp is fun, and it's also busy--we get to do a lot! We'll spend one of the days mountain biking in central Oregon's wild and beautiful terrain. We'll go rafting and swimming on the Maupin section of the Deschutes River. And we'll spend another two days backpacking in gorgeous backcountry, sleeping out under the stars.

Summer in Oregon is hot and the sun is intense. Your RAD Camp instructors and counselors will do their best to minimize the group's time in the sun, but hydration and sun protection are extremely important while being outdoors in these conditions. Please be sure to pack a hat and water bottle as included on the packing list. It is important you come to camp prepared with everything on the packing list. BLYC will provide you with a mountain bike and a backpacking pack, but if you have gear you would like to bring, you are welcome to. Any personal gear will 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 (as necessary) in case of 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, itinerary, packing, or gear, please let me know.

I look forward to seeing you this summer!

Sincerely,

Christina Cannon
RAD Director
Big Lake Youth Camp
RAD@biglake.org

Packing List: Ultimate RAD

Equipment	#	Description
T-shirts	2	T-shirts for being in camp
Sun shirt or quick-drying shirt	2+	Button-up, or other shirts that are quick-drying and will protect you from the sun
Sweatshirt or fleece	1	Evenings at camp are cool
Rain jacket	1	In case it rains
Down/synthetic layer	1	Optional: If you get cold, having a heavier layer for cool evenings and mornings is recommended.
Shorts	1	Shorts made out of durable material are best, but gym or athletic shorts also work well and are light/breathable.
Swimsuit	1	Guys: Regular swim trunks or board shorts Girls: One-piece or tankinis are encouraged. Board shorts or athletic shorts are recommended to protect legs from rubbing against raft.
Underwear	3+	Capilene®, Coolmax, or silk are recommended
Hiking pants	1	Light but durable pants for cool evenings/mornings.
Baseball cap or sun hat	1	Sun protection
Wool or fleece hat	1	For cool evenings/mornings
Camp shoes	1	Light and comfortable shoes to wear around camp (e.g. tennis shoes, Sanuks, Chacos, Keens, etc.)
Rafting shoes	1	Must be close-toed; keep in mind that they will get wet. Old tennis shoes work great.
Sandals	1	Optional: for showers at BLYC
Water bottle	2	1 liter or greater each (Nalgene bottles or similar work well)
Toiletries		Travel-sized toothpaste, toothbrush, soap, shampoo, deodorant, etc.
Sunscreen		SPF 30 or greater, 60 oz or more
Zinc		Offers total sun protection--great for nose and ears
Sunglasses	1	Don't bring your best shades--bring a pair that can get a little beat up
Lip balm		Required: SPF 15 or greater
Bandana	1-2	Sun protection
Watch	1	Water-resistant, alarm, light
Bible	1	Used for worship and solo time. Put in plastic bag to protect from weather
Journal/small notepad	1	Small, light-weight for note-taking
Hammock	1	Optional

Backpack fit for one night of backpacking.	1	Optional – camp can provide
Sleeping bag, pad, pillow	1	High desert nights can be cool and frosty.... Closed-cell foam or inflatable pad is recommended to insulate between ground and sleeping bag. Bag: rated for 35 degrees or colder.
Daypack	1	Can be the same as your backpacking backpack, if needed