



# BIG LAKE

YOUTH CAMP

Summer 2025

Hi White Water Rafting RAD Camper,

My name is Zach, and I'm the RAD Director here at Big Lake Youth Camp. I'm excited that you've chosen to spend part of your summer with us! For our river trip, we'll leave from Big Lake Youth Camp on Sunday, and spend the next four days rafting nearly 50 miles on the Deschutes River, from Maupin to the Columbia. Each night will be spent at a designated campsite along the river. Our rafting trip will end on Thursday, and we'll head back to Big Lake.

Spending a summer week in the desert can be really harsh, to protect ourselves from the sun and the heat is a team effort and requires your participation. As a staff, we will frequently find shade and provide opportunities for swimming. We will have cold lunches every day and encourage frequent sunscreen use. To stay healthy we highly recommend bringing sunscreen as well as wearing clothing that protects your upper legs and arms (I personally wear long sleeves).

After check-in, we will have dinner and head down to Maupin to camp on the river our first night. The next morning we will begin rafting after breakfast, running rapids, swimming, cliff jumping, and other activities. Each evening we will make camp along the river and enjoy a hot meal, activities, and worship. As the stars come out, we will get some rest before we continue down the river the next day.

The staff at Big Lake are prepared to safely navigate the entire group and equipment down the river while providing meals and activities. We are trained to safely manage the risky environment and are equipped to rescue and provide medical care if needed. As your trip leader, your safety is my number 1 priority.

As you pack up, pack for a week at camp, we will then pack the needed items for the rafting portion of the trip in drybags. On the river, we will only do 3 things; raft, hang out at our campsite and sleep. I like to have one pair of clothes designated for wearing on the raft (running shoes, shorts, long sleeve shirt), with another pair of dry clean clothes that I wear in the evening and morning (shorts, t-shirt, sweater, sandals). It is required that you wear closed toe shoes while rafting. Don't worry, your shoes will not get damaged and they will be nice and clean afterwards. Lace up hiking/running/shoes are recommended.

My favorite part about the outdoors is its endless opportunity to try new things. I encourage you to join us this week with an open mind, looking forward to trying something you have never done before. As a staff we are here to support and empower you to do hard things.

If you have any questions concerning your RAD camp, please let me know.

I look forward to seeing you this summer!

Sincerely,

Zachary LeClerc, RAD Director

Big Lake Youth Camp

[RAD@biglake.org](mailto:RAD@biglake.org)

## Packing List: White Water Rafting

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 the sun, please wear clothing that protects your shoulders from the sun (shirt or rashguard).
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
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 ( <b>Highly Recommend</b> )
Lip balm		Required: SPF 15 or greater
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
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.