

Summer 2019

Hi Back Country Adventure RAD Camper,

We're excited that you have chosen to spend a week of your summer with the RAD team. You are registered for Back Country Adventure RAD Camp during July 28-August 4, 2019, and we will depart from Big Lake Youth Camp (BLYC) on Monday morning and will spend the next five days backpacking, exploring a wilderness area around BLYC, and practicing basic mountaineering. Our backpacking trip will end on Friday, when we'll be shuttled back to BLYC to spend the weekend enjoying the programming at BLYC's main campus.

The backcountry is an excellent classroom and provides a unique opportunity for learning. You will learn outdoor living skills (Leave No Trace, packing, campsite selection, basic cooking and food identification, staying warm and dry, and backcountry lightning), mountain travel (map reading, travel plans, route finding, compass navigation, hazard evaluation), environmental studies (tree ID, useful astronomy, citizenship, stewardship, and land management education), and risk management and assessment.

Summer in central 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. Also, please bring light warm layers of clothing. It can get chilly and wet in central Oregon, even in the summer! Cotton is the worst type of clothing to bring because it holds water and will not insulate when wet. Please make sure that the clothes you plan to wear while on the trail are not cotton. Some suggested materials are wool or capilene.

Since we operate in remote wilderness locations, Big Lake's RAD Camp staff carry cellular and satellite communication devices 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,

RAD Staff
Big Lake Youth Camp
RAD@biglake.org

Back Country Adventure 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.
Shirt	1	Evenings are cool.
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.
Males: Swimsuit	1	Regular swimsuits or board shorts.
Females: Swimsuit	1	One piece or tankini highly encouraged.
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.
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, tennis shoes, etc.) no flip flops please
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.
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. Please try to bring a small lightweight bag. There is limited pack space.
Backpacking backpack	1	