

Summer 2019

Hi Rock Climbing RAD Camper,

My name is Blair Roessel and I'm Big Lake Youth Camp's RAD camp director for 2019. You're registered for RAD Rock Climbing July 7-14, 2019, and I'm excited that you have chosen to spend a week of your summer with the RAD team! We will be spending our nights at BLYC's private reserve, just 15 minutes north of Smith Rock State Park, where we will spend our days climbing. On Wednesday, we will take a day off from climbing to go rafting on the Maupin section of the Deschutes River.

This rock climbing camp will cover basic climbing movements, knots, rope management, belaying, rappelling, 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, 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 climbing gear, but if you prefer to bring your own 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 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,

Blair Roessel
2018 RAD Camp Director
Big Lake Youth Camp
RAD@biglake.org

Equipment	#	Description
T-shirts		T-shirts 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 evenings/mornings is recommended.
Hiking/climbing shorts	1	Shorts made out of durable material 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.
Swimsuit	1	Male- Regular swimsuits or board shorts. Female- One-piece or tankini highly encouraged. Board/athletic shorts highly recommended to protect legs from rubbing against raft.
Underwear	3+	Capilene®, Coolmax®, or silk are recommended.
Hiking/climbing pants	1	A light but durable pant for the cool evenings/mornings. If you choose to climb in your pants for good sun protection, make sure to bring something durable, or expect them to be ruined from rubbing on the rocks. No jeans.
Baseball cap/sun hat	1	For sun protection.
Wool or fleece hat	1	For cool mornings/evenings
Camp shoes	1	A light-weight 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).
Sandals	1	For showers (optional).
Water bottle	1+	1 liter or greater (Nalgene bottles are recommended).
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 pair of shades. Bring a pair that can get beat up okay.
Lip balm		SPF 15 or greater (required).
Bandanas	1-2	Sun protection.
Watch	1	Water resistant, alarm, 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, light-weight pad for note taking.
Sleeping bag/pad, & pillow	1	Bags need to be rated for 35° F or colder. High desert nights can be cool and frosty. Closed-cell foam or inflatable pad to insulate between the ground and the sleeping bag is recommended.