

Summer 2019

Hi White Water Rafting 2 RAD Camper,

You're registered for White Water Rafting 2 RAD camp during July 21-July 28, 2019, and we are excited that you've chosen to spend a week with our RAD team! We'll depart Monday morning from Big Lake Youth Camp (BLYC), and spend the next five days rafting nearly 100 miles on the Deschutes River, from Warm Springs to the Columbia River. Each night will be spent at a designated campsite along the river. Our rafting trip will end on Friday, and we'll head back to BLYC to spend the weekend enjoying the programming at BLYC's main campus.

Not only is rafting fun, but it's an awesome opportunity to learn. Rivers are powerful and dangerous, and you'll spend time learning about river hydraulics and travel, white water swimming techniques, basic river rescue, and risk management skills.

The summer in central Oregon is hot and the sun is intense; hydration and sun protection are extremely important while being outdoors on the water. Please be sure to bring a hat and water bottle as included on the packing list. It's important that you come to camp prepared with everything on the packing list. Since we operate in remote wilderness locations, Big Lake's RAD 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.

As you pack your gear for white water rafting, I strongly suggest that you bring gear for the rafting trip and pack separate gear for later in the week at camp, as you'll be able to leave some things in the cabin at camp. **Please make sure your sleeping bag and the things you need for the rafting trip are compact and can fit into roughly three cubic feet of space.** There is limited space on the raft for gear, and it will be helpful to have a compact, lightweight bag to pack onto the raft. When I pack for the river trip, I bring a change of clothes to wear while not rafting, and a pair of board shorts and a sun shirt to wear on the river. Please be sure to bring a pair of closed-toe river shoes, as it is RAD Camp policy to wear closed-toe shoes while on the river. I wear an old pair of running shoes because dedicated river shoes are expensive. Dry bags will be provided, but you are welcome to bring your own if you'd like.

If you have any questions concerning your RAD camp, please let me know. I look forward to seeing you this summer!

Sincerely,

RAD Staff
Big Lake Youth Camp
RAD@biglake.org

Equipment	#	Description
T-shirts		T-shirt for being in camp
Sun/quick drying shirt	2+	Button-up or other quick-drying shirts that will protect you from the sun
Fleece shirt	1	Evenings are cool, so sweatshirt or fleece for the desert morning and evenings is handy
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
Shorts	1	Shorts made out of durable materials would be best, but, gym/athletic shorts also work well and are light and breathable.
Swimsuit	1	Males: Regular swimsuit or board shorts. Females: One-piece or tankini. Board/athletic shorts highly recommended to protect legs from rubbing against raft
Underwear	3+	Capilene®, Coolmax, or silk are recommended
Hiking 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	For cool mornings/evenings
Camp shoes	1	A light weight shoe to wear around base camp (Sanuks, Chacos, Keens, tennis shoes, etc.)
Rafting shoes	1	A closed-toe shoe must be worn at all times while rafting, and will get wet.
Sandals	1	For showers (optional)
Water bottle	1+	A liter (or greater) Nalgene bottles 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	Bring a pair that can be beat up and wet-don't bring your best pair of shades!
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, light-weight pad for journaling and note-taking
Sleeping bag/pad & pillow	1	High desert nights can be cool and frosty, so bags need to be rated for 35° F or colder. A closed-cell foam or inflatable pad to insulate between the ground and sleeping bag is also recommended