



BIG LAKE

YOUTH CAMP

Summer 2023

Hi Advanced Rock Climbing 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 RAD Advanced Rock Climbing RAD-to-Staff camp, July 16-21, 2023. This RAD Advanced Rock Climbing RAD-to-Staff Camp will cover basic and advanced climbing movements, knots, rope management, belaying, rappelling, climbing anchors, lead climbing techniques, and risk management related to a rock climbing environment. You will also have the option to participate in mock lead climbs, a scenario in which a climber practices lead climbing techniques while still being safely secured by a top-rope.

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 rock climbing gear, but if you prefer your own climbing shoes and harness, you are welcome to bring them. Any personal climbing 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 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, curriculum, packing, or gear, please let me know.

I look forward to seeing you this summer!

Sincerely,

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

Packing List: Rock Climbing and Advanced Rock Climbing

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.
Hiking/climbing shorts	1	Shorts made out of durable material are best, as they're less likely to rip, and are more comfortable with a climbing harness on. However, 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/climbing pants	1	Light but durable pants for cool evenings/mornings. If you choose to climb in your pants (good sun protection), be sure to bring something durable and flexible, or they may be ruined from rubbing on rocks. No jeans, please.
Baseball cap or sun hat	1	Sun protection
Wool or fleece hat	1	For cool evenings/mornings
Camp shoes	1	Light-weight and comfortable shoes to wear around camp (e.g. tennis shoes, Sanuks, Chacos, Keens, etc.)
Hiking boots	1	Ankle or mid-height is fine (approach shoe recommended for climbing approaches)
Sandals/Crocs	1	Optional: for showers
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
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	For carrying shoes and harness