



# BIG LAKE

YOUTH CAMP

Summer 2023

Hello RAD Mountain Biking Camper,

My name is Christina and I am Big Lake Youth Camp's (BLYC) RAD Director. You're registered for RAD Mountain Biking during June 25-30, 2023. I'm excited that you've chosen to spend time during your summer with the RAD team! You'll stay at Big Lake Youth Camp (BLYC) each night, and will spend each day on some of the most scenic trails in central Oregon. This schedule will let you enjoy BLYC's evening activities, in addition to awesome biking!

Mountain biking is about enjoying nature with friends and family, and most importantly, having fun. This camp will teach basic and advanced bike skills, maintenance, trail etiquette, and trail advocacy.

The 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. It is important you come to camp prepared with everything on the packing list. BLYC will provide you with a helmet, gloves, and a Trek bike, but if you prefer to bring your own bike, helmet, or gloves, you are welcome to. Any personal gear will need to be inspected by our RAD staff before it is used.

In addition to the [Packing List](#) in the Parent Pack, please bring the following:

## **Required**

- Sunglasses
- Sunscreen
- Closed-toed shoes

## **Recommended**

- Bike shorts (not required, but will significantly enhance your experience)
- Hydration pack (such as CamelBak or EVOC)

## **Optional**

- Your own helmet (camp helmets are also available)
- Your own gloves (camp gloves are also available)
- Your own bike (camp bikes are also available)

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

Sincerely,

Christina Cannon  
RAD Director  
Big Lake Youth Camp  
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