



BIG LAKE

YOUTH CAMP

Summer 2023

Hi White Water Rafting 1 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 White Water Rafting 1 Camp, during July 9-14, 2023. We'll leave from Big Lake Youth Camp (BLYC) on Sunday, and spend the next four days rafting nearly 50 miles on the Deschutes River, from Maupin to the Columbia River. Each night will be spent at a designated campsite along the river. Our rafting trip will end on Thursday, and we'll head back to BLYC.

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. You'll also learn about the natural wildlife and plants of the region and the Indigenous American groups that have lived in the areas we'll be exploring.

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 rafting, I strongly suggest that you bring gear for the rafting trip and pack a few things separately for your time at camp, as you'll be able to leave some things in the cabin while you're gone. 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. I highly recommend bringing a change of clothes to wear while not rafting, and a sun shirt and a pair of board shorts (the rafts can get hot to sit on) 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. An old pair of running shoes can work just fine, as dedicated river shoes can be 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,

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

Packing List: White Water Rafting

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.
Shorts	1	Shorts made out of durable material are best, but, 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 pants	1	Light but durable pants for cool evenings/mornings.
Baseball cap or sun hat	1	Sun protection
Wool or fleece hat	1	For cool evenings/mornings
Camp shoes	1	Light and comfortable shoes to wear around camp (e.g. tennis shoes, Sanuks, Chacos, Keens, etc.)
Rafting shoes	1	Must be close-toed; keep in mind that they will get wet
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.