



Rock Climbing Camp 2019



I am so excited to spend a few days with your camper, next week. We will be meeting at the YMCA on Tuesday to go over trip details and get ready for our adventure. We will spend the first part of the day at the YMCA in the Climbing Gym getting certified as Level 1 Belayer so that campers can learn the basic safety skills needed for this week of camp. Tuesday afternoon we will be heading out to Emigrant Lake to begin climbing and to setup our base camp for the week. The entire trip will be over seen by YMCA staff. We will be camping each night Emigrant Lake Oak Slope Campground. If your camper has any special medical conditions or food issues please contact Gary Taylor so that we can plan all meals and activities appropriately. All climbing and safety equipment will be provided by the YMCA.

Please be at the YMCA Main Facility (522 West Sixth Street, Medford, OR 97501) on Tuesday July 9 at 8:00am, we will be returning to the YMCA on Thursday July 11 at 5:00pm. Please make sure you pack all the items listed below, eat a complete breakfast before dropping off and pack a sack lunch for the first day. The YMCA will be providing all food (except lunch the first day), camping, and group equipment needed for this adventure. You will also need to bring a completed overnight camp health form which can be found on the website (www.rvymca.org).

Please prepare for the heat and bring anything your campers needs to help stay cool (a hat, a cooling towel, sweat band, etc.)

Any questions or concerns contact to Gary Taylor, 541-210-6147 or gtaylor@rvymca.org.

Sincerely,

Gary "Flame" Taylor
Camp & Sports Director

Packing List

This list is only a suggested list of the items that you will need, if you do not see something on this list and you think you need it make sure to pack it as well. **Please pack in soft bags, no hard shell suitcases or bags, it makes it easier to pack everyone's stuff together.**

Bedding:

sleeping bag and pillow

Clothing:

2 pair of pants
3 pairs of shorts
Swimsuit (2 might be nice)
2 pairs of shoes –
 Flip Flops or sandals and a
 closed toed pair please
5 t-shirts
1 sweatshirt
5 pairs underpants and socks
1 pair of PJ's or something to sleep in
bag for dirty clothes

Personal Items:

deodorant
lip balm
SUNSCREEN
bug repellent
toothbrush and toothpaste
1 towel

Other Items:

flashlight (fresh batteries)
water bottle
sunglasses
small backpack for day use
disposable camera
Climbing Harness (Optional)
Climbing Shoes (Optional)