

Rock Climbing

Dear Parent,

Thank you for choosing Camp Lakewood's Rock Climbing tripping program. This trip has become a popular standard trip at Camp Lakewood. This program gives your camper the opportunity to really test their limits and capabilities, while being supervised in a safe and professional environment.

The Rock Climbing program will instill a sense of accomplishment, challenge, and the achievement of overcoming fears and obstacles. Through individual instruction and supervision by our qualified Ranger and Leadership staff, your camper will experience a truly unique journey.

On the first night at Camp Lakewood, your camper will learn the fundamentals of climbing knots, back packing, and safety requirements. On the first day at camp, the campers will put into practice knots, climbing, and belaying techniques at YMCA Camp Lakewood on our various climbing facilities. Our Ranger and Leadership staff will then lead your camper to southern Illinois for their adventure. The participants will set up their base camp in the Giant City state park, and begin their climbing excursion.

By the end of their trip, it is our hope that your camper will have increased their teamwork skills, adaptability to prevail over impediments, built a sense of community, displayed good judgment, and relished in the good times that the great outdoors can provide.

Helpful Hints

Rock climbing requires a basic level of fitness to be enjoyable. Often climbs may be strenuous and rest days may involve a short hike or leisurely swim to relax your muscles. To enjoy Camp Lakewood's climbing trip, it is recommended that you be in fairly good shape. Climbing is **not doing pull-ups**; you may be a great climber without doing one pull-up. Being able to hang using your hands will help, as does flexibility. A good tip for preparing for the trip is to play on a jungle gym or go to a climbing wall (YMCA's, Upper Limits, REI, or Dick's) or traverse side to side on walls. It is a safe practice not to climb above the height of your head without safety devices. Also, basics like sit-ups, push-ups, and running will help you get into great climbing shape. Focus on improving your own fitness level, which does not include playing X-Box or Play Station.

PARENT PACKET

The Parent Packet is provided on our website. Please read all the information carefully. Please make sure all forms are returned at least three weeks before the camper arrives at camp. If you have any questions, please contact our office. We will be happy to assist you.

Campers may bring their own climbing shoes if they own them. We cannot allow campers to use their own harnesses or other climbing equipment such as belay devices and helmets.

Clothing List for Rock climbing

Please send appropriate clothing with your camper, taking into consideration the weather and camp activities. We encourage you to send old clothing, as your camper will be camping out, sleeping on the ground, doing rugged sports, climbing, and hiking through the woods.

We have provided an online link from our website to order forms for laundry labels and encourage their use. Please mark all items with a laundry label or permanent marker.

Although we have provided a clothing list, this program recommends certain necessities. Rain gears, Hiking boots with stiff soles for climbing-or climbing shoes, and loose fitting durable clothes are required. Please bring with the camper, 20ft. of 7mm - 8mm cord, available at most outdoor stores. Cost is approx. \$6.00. Any questions please call.

Luggage should be compact and easy to carry, and a sturdy backpack is recommended. A duffel bag will work-call if you have questions. The backpack should be at least 3000-4500 cubic inches in size. Some backpacks can be provided if needed. Please call us in advance. Swimwear and towel should be packed at the top of the camper's suitcase. **DO NOT PACK MEDICATIONS.** All medications will be given to the nurse upon arrival.

Camp is an opportunity for children to develop their sense of self-care and personal responsibility. Please review the list of things you are sending with your camper so they know what clothing and personal items should return home. Due to the ruggedness of this program, **Do Not** send anything of great value or sentimental significance.

Suggested	#Sent	CLOTHING LIST	# Returned
6	_____	T-shirts and Shirts	_____
5	_____	Shorts (Must be mid-thigh in length)	_____
1	_____	Old T-Shirt and Shorts	_____
7	_____	Underclothes	_____
7	_____	Pairs of Socks	_____
1	_____	Sneakers	_____
1	_____	Hiking boots already broken in	_____
1	_____	Texas/Sport Sandals	_____
1	_____	Fleece pull-over/Light Jacket	_____
1	_____	Swimsuits	_____
2	_____	Bath Towel & Wash Cloth	_____
1	_____	Poncho/Raincoat - <i>Required</i>	_____
1	_____	Hat - <i>Protection from sun/rain</i>	_____

Suggested	#Sent	BEDDING	# Returned
1	_____	Sleeping bag - Rangers sleep in tents	_____
1	_____	Pillow and pillow case	_____
1	_____	Sleeping Pad	_____

Suggested	#Sent	OTHER ITEMS	# Returned
1	_____	Toiletries/Shower Bag/Shampoo	_____
1	_____	Soap & Soap Dish	_____
1	_____	Toothbrush & Toothpaste	_____
1	_____	Comb/Brush	_____
2	_____	Water Bottle (Durable Nalgene Type)	_____
1	_____	Laundry Bag - required	_____
1	_____	Flashlight/Batteries	_____
1	_____	Back Pack-or duffel bag	_____
1	_____	Journal for Writing	_____
1	_____	Bug Repellent with Low DEET	_____
1	_____	Suntan Lotion/Sun block	_____
		Writing Materials and Stamps	
		Tampons/Kotex	
1	_____	20ft. 7mm-8mm cord	_____

Optional
 Sunglasses
 Camera/Film
 Bandana
 Books
 Night Clothes
 Knife **No more than 3 1/2 in.**
 Multi-tool

Don't Bring
 Cell Phones
 Aerosol Cans
 Fireworks
 Guns
 Electronic music devices
 Video Games
 Candy or Gum
 Tobacco Products
 Lighters/Matches
 Jewelry
 Skateboards
 Rollerblades
 Illegal drugs
 Money
 Gang Apparel
 Bad Attitude
 Perfume/Cologne
 Mirrors/Glass