



# Rock Adventure Essentials

We're excited that you're joining us at Camp Ondessonk this summer! Here are some tips to make your adventure more comfortable.

## What to Bring:

**Light Weight Sleeping Bag:** During the summer the temperature generally doesn't drop below 50 degrees. If you bring a bag designed for winter camping, odds are you will spend your time lugging around more weight than you need and sweating inside, or sleeping on top of it. Choose an inexpensive, light weight bag constructed of **synthetic** material, such as a light weight fleece sleeping bag liner and your trip will be more enjoyable.

**Sleeping Pad:** Bring a closed-cell foam pad that can be rolled up easily when packing. (These can be picked up at a number of stores for very little money. You don't need a top-of-the-line pad, just something that will insulate you from the ground!)

**Backpack:** 1) Your pack can be either internal or external framed, and should be at least 4,000 cubic inches in volume. You will be living out of this bag all week, so make sure it holds what you need to bring! 2) Please bring a smaller duffel bag for your change of clothes when we get back in Camp from our adventure, your soap and shampoo, and towel for the showers.

**Boots:** Your feet are your best friends on trail, and you should plan ahead to take care of them! Boots should give you ankle support, and be broken in by the time you hit the trail with us. Water-proof boots are an option, but not a necessity. Bring a pair of tennis shoes for time spent in camp. It is **HIGHLY** suggested that you bring a pair of climbing shoes. These can be purchased at a number of outdoor adventure stores.

**Raingear:** When picking out raingear, avoid the solid plastic-type suits in the sporting goods section. These tend to tear easily and can become a sauna in the summer due to the lack of breathability. It is recommended that you look for light-weight, waterproof, and breathable garments specifically designed for active outdoor pursuits. A rain jacket is a must, and rain pants are strongly recommended.

**Insulating Layer:** This becomes a necessity during those random rainy cold snaps. A sweatshirt made of polyester or fleece is the best way to go. Avoid cotton since it will not keep you warm if it gets wet.

**Clothing:** Please consider quick-drying synthetic materials for pants, shorts, and shirts, and wool/synthetic blend materials for your hiking socks. These are the preferred standard for backcountry travel. Bring 1 pair of pants, 2 pairs of shorts, 3-4 t-shirts, a daily change of underwear(7), daily change of socks -plus one extra pair(8), and swim suit(1). (Please see pack list for where to pack each item)

**Personal Gear:** Please bring a plastic bowl with lid (at least 3-cup volume) for campsite meals, a spoon for eating, a head lamp or flashlight (headlamp preferred), toothbrush/paste, deodorant, comb/brush, bug repellent, and sunscreen.

**Water Bottles:** These are the most important pieces of personal equipment you will bring. They should be big enough to carry at least one liter of water. (No glass, please!)

## What to Expect:

**Campers:** Had a taste of climbing and are ready to take it to the next level? Camp Ondessonk's Rock Adventure picks up where Rock Camp left off. It's great for experienced climbers yet paced for people new to the sport. Rock Adventure will review basic knots, safety systems and climbing technique, moving quickly to hands-on practical work on the rock while experiencing some of the Southern Illinois Rock Climbing scene's highlights.

Enjoy active days honing and developing your skills on progressively challenging routes, base camping and cooking your meals along the shore of one of Camp Ondessonk's scenic lakes and at Jackson Falls Climbing area each evening to maximize your day's climbing!

**Parents:** Your camper will spend the majority of his or her time on Rock Adventure honing basic climbing skills needed to enjoy this popular life-long sport. Our trained backcountry guides are both camp counselors and experienced outdoor educators. All adventure staff have basic first aid and CPR training and are trained in proper acquisition of backcountry medical assistance.

It is our goal to provide an experience that is educational as well as enjoyable. Along with gaining an introduction to safe climbing skills, research has shown several positive effects on personal development that accompany backcountry adventure trips:

- ✓ **Develop personal leadership:**
  - ☑ Character development
  - ☑ Personal responsibilities
  - ☑ Values clarification
- ✓ **Develop interpersonal relationships:**
  - ☑ Exploring communication styles
  - ☑ Conflict management
  - ☑ Trust building
- ✓ **Group Dynamics:**
  - ☑ Group problem solving skills
  - ☑ Establishing and maintaining roles within a group
  - ☑ Community building
- ✓ **Strengthen relationships:**
  - ☑ Appreciating differences
  - ☑ Learning about the strengths of others
  - ☑ Examining stereo-types

An experience with Rock Adventure can provide your camper with a positive and growthful experience well beyond the proven benefits of the typical week of summer camp.

If you would like to send your camper mail, they will be able to receive it upon returning to Camp on Friday afternoon. *Letters from home are not only welcome, but encouraged!*

**Important Info Regarding Your Trip, PLEASE READ COMPLETELY!**

# Rock Adventure Packing List

## **Back Pack** (Items to take out in the field)



- 2 Water Bottles that hold at least 1 liter of water
- 3-4 Pairs of Shorts
- 1-2 Pair of Long Pants
- 4-5 T-Shirts
- 7 Pairs of Socks
- 6 Pairs of Underwear
- 1 Sweatshirt
- 1 Set of Raingear
- 1 Pair of Tennis Shoes
- 1 Pair of Hiking Boots
- 1 Pair of Climbing Shoes
- 1 Plastic Eating Bowl w/Lid and 1 Spoon
- 1 Headlamp or Flashlight
- 1 Sleeping bag & 1 Foam Sleeping Pad
- 1 Toothbrush/ small tube of paste
- 1 trial size stick of deodorant

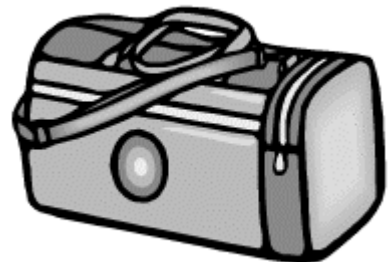
### **Optional**

- Camera
- Bug Repellant
- Sun Screen
- Brush or Comb
- Swimsuit



## **Duffle Bag** (will stay back at camp)

- 1 Pair of Shorts
- 1 T-Shirt
- 1 Pair of Socks
- 1 Pair of Underwear
- 1 Trial Size Bottle of Soap
- 1 Towel
- 1 Trial Size Bottle of Shampoo



### **Optional**

- Sandals (NOT Flip-Flops!)

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