



Caravans

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TO: Rock & Ice
FROM: Stan Fishburn, Director of Camping
DATE: Summer 2010

Welcome to **Rock & Ice!** We are looking forward to exploring the mountains of Oregon. We will have an opportunity to learn more about the Lord, learn rock climbing and mountaineering skills, and make new friends. Chances are we will see some wildlife. So, come prepared for fun and adventure.

This Caravan is designed so that anyone in average physical condition can have an enjoyable time. No experience is required. You will be instructed in wilderness and climbing skills during the Caravan. However climbing is a strenuous activity and unless you climb mountains every day you will want to prepare yourself for it. Obviously the better physical shape you are in the more you will be able to enjoy the climb. If you do not regularly, we encourage you to begin now. Running, biking, and swimming are good exercises to help you get ready for the Caravan. Also, wear your hiking boots around town and be sure they fit well. Bad blisters from poor fitting boots can be very painful on a Caravan.

Our Caravan Leader this year will include Lyndsay and Jordan Mynatt. Jordan and Lyndsay will ensure that each trip is safe, well planned, and filled with fun, fellowship, and excellent Bible study. Jordan and Lyndsay are coming from Tennessee. They were married last year and for their honeymoon hiked the 2,650 mile Pacific Crest trail. They both have strong climbing skills and have climbing experience all over the United States. Also joining them is Stan Fishburn. Stan has had extensive experience instructing mountaineering throughout the Western United States and has led many successful accents of Glacier Peak, Mount Rainier, Smith Rocks and other Northwest climbing areas.

Included with this letter you will also find an "Equipment and Clothing List". Please be sure to bring all items on the list. Since we will have a very limited amount of space please do not bring a lot of extra items. You may want to bring your own pack, if not we have several to loan out.

Please meet Sunday, August 15, 1:00 PM at the First Presbyterian Church in Ellensburg. The church is located at 1307 E. Third. We will finish in Ellensburg on Monday, August 23, 3:00PM. For those desiring to car pool, a list of the names and addresses are available from the Tall Timber Ranch Office.

Don't hesitate to contact us if you have any questions or if your plans change and you are unable to attend the CARAVAN. Our phone number is 509 763-3127. Look forward to an adventurous time!

PEAK CLIMB CLOTHING AND EQUIPMENT LIST

Please bring all of the following items:

CLOTHING

- _____ 1 pair sturdy boots (see extra notes, can be rented)
- _____ 1 pair rock climbing shoes (see extra notes, can be rented)
- _____ 3 pair heavy wool socks
- _____ 2 pair light inner socks
- _____ 1 pair loose fitting long wool or pile pants
- _____ 1 pair shorts
- _____ 2 T - shirts
- _____ 2 pair underwear
- _____ 1 set of long underwear
- _____ 1 heavy wool or pile sweater (or two lighter ones to layer)
- _____ 1 warm shirt (wool if possible)
- _____ 1 light insulated parka
- _____ 1 pull-over wool or pile cap
- _____ 1 pair mittens or gloves
- _____ 1 bandanna
- _____ 1 set rain gear (coat and pants or poncho)
- _____ clothes for before and after caravan
- _____ towel and soap for post caravan shower

PERSONAL EQUIPMENT

- _____ 1 backpack
- _____ 2 quart water bottle
- _____ 1 warm, light sleeping bag with stuff sack
- _____ 1 insulated sleeping pad
- _____ insect repellent
- _____ sunburn cream (sun screen, not tanning lotion)
- _____ 1 spoon
- _____ 1 large cup (not glass)
- _____ 1 pair dark glasses
- _____ 1 flashlight
- _____ 1 notebook
- _____ 1 small Bible
- _____ 2 pens/pencils
- _____ personal toiletries including toothbrush, tooth paste, biodegradable soap, chapstick, toilet paper, sunscreen, etc.

OPTIONAL ITEMS

- _____ camera
- _____ running shoes
- _____ pocket knife
- _____ gaiters

EXTRA NOTES

ROCK CLIMBING SHOES – Climbing shoes will make the climbing experience a much more positive. Climbing shoes can be rented. They can be rented at Smith Rocks at the Red Point Climbers Supply. We can pick them up when we arrive.

CLIMBING BOOTS - Your boots need to be stiff, lug soled boots, able to have crampons strapped onto them. You should be able to wear these with two pairs of socks with at least one being wool. Poorly fitting boots lead to blisters. So take time to take care of your feet. Boots are available for rental at many mountain shops.

PACKING - For climbing it is best to pack personal belongings in soft packs, or Frame packs. Line your pack with plastic garbage bags, and pre-pack your clothes in another plastic bag(s) before putting them in your pack. Please have personal items identified with your name. Caravans has a few packs available at camp.

RAIN GEAR - Our chief concerns are durability of the material and fit. Don't bring plastic rain gear that will rip easily. Heavier plastic, rubber-coated nylon, are all acceptable. Make sure that the rain gear fits over clothing that would be worn in cold weather.

WOOL & PILE CLOTHING - Some of the clothing you have been asked to bring is to be of wool or pile. No other material will do. Wool and pile retains body heat even when it gets wet.

The equipment list found above represents our best efforts to let you know what you will need: we consider it to be a list of essentials. We may not be able to take responsibility for anyone who is not fully equipped. At the same time, this does not have to be a prohibitively expensive endeavor. Much of the equipment you need can be borrowed, purchased at surplus stores, or rented.

CARAVANS WILL PROVIDE

tent

stoves

group cooking gear

group first aid kit

food

climbing gear (crampons, ropes, ice axes, etc.)

a few extra backpacks (please let us know if you need to borrow one)