



Rock Camp 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.

Daypack: Small pack to carry personal items to the climbing site each day.

Shoes: Bring a pair of tennis shoes for climbing and time spent in camp. If you have your own climbing shoes, go ahead and bring them! (Tennis shoes will work just fine for beginning climbers. Climbing shoes can be very expensive, you do not need to go out and purchase them until you find that you enjoy climbing and want to progress in your skill level)

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.

Clothing: Please consider quick-drying synthetic materials for pants, shorts, and shirts, as well as wool/synthetic blend materials for your hiking socks. These are the preferred standard for backcountry travel. (Please see pack list for suggested items)

Personal Gear: Please bring 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: Southern Illinois is one of the Midwest's premiere sandstone rock climbing destinations. You will learn and perfect your skills as Rock Camp takes you from basic knots and safety systems to practicing and developing your climbing technique. Challenge yourself on our High Ropes Course. Tackle our climbing tower. Learn Rappelling at Phantom's Canyon. Work your way through the six top-rope rock climbing sites established at our very own Pakentuck area.

Spend your days learning and perfecting basic rock craft at various adventure sites throughout Camp Ondessonk, and spend your evenings doing the traditional Camp Ondessonk activities you love, the nights cozy in your cabin. All Breakfast and Dinners will be served in the Camp dining hall while Lunches will be enjoyed at the climbing sites.

After a week of adventure and exploration in the rugged Shawnee National Forest, you will leave Camp Ondessonk with the basic climbing and safety skills necessary to pursue your future rock climbing adventures.

Parents: Your camper will spend his or her time at Camp Ondessonk learning basic, introductory-level 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, an experience with Rock Camp can provide your camper with a positive and growthful experience well beyond the proven benefits of the typical week of summer camp.

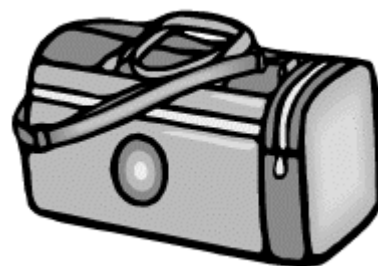
If you would like to send your camper mail, they will be able to receive letters throughout the week. *Letters from home are not only welcome, but encouraged!*

Important Info Regarding Your Trip, PLEASE READ COMPLETELY!

Rock Camp Packing List

Duffle Bag (will stay back at camp)

- 5-7 Pair of Shorts
- 7 T-Shirts
- 7 Pairs of Socks
- 7 Pair of Underwear
- 1-2 Pair of Long Pants
- 1 Sweatshirt
- 1 Sleeping bag
- 1 Toothbrush/ small tube of paste
- deodorant
- 1 Bottle of Soap
- 1 Towel
- 1 Bottle of Shampoo



Optional

- 1 Headlamp or Flashlight
- Camera
- Bug Repellant
- Sun Screen
- Brush or Comb
- Swimsuit
- Sandals (NOT Flip-Flops!)



Climbing/ Day Pack (Items to take out in the field)

- 2 Water Bottles that hold at least 1 liter of water
- 1 Set of Raingear
- 1 Pair of Tennis Shoes

Optional

- Climbing Shoes (tennis shoes work just fine, but if you'd like to bring your own climbing shoes, that's fine!)



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