Beginner Ice Climbing
North Conway, NH
February 10, 2019

TRIP DESCRIPTION
It is time to wake up from winter hibernation and get climbing! Although ice is hard and has a varied surface like rock, ice climbing requires different equipment and offers a unique experience to those willing to try. This popular climbing trip will take us to the capitol of New England Ice Climbing: North Conway NH. With the help of our guides from International Mountain School we will strap on harnesses, helmets, crampons and ice picks and try this unique winter sport. If you are looking for a different kind of experience in the middle of winter, bring your warm layers and join us.

COST: $65 Students/Faculty/Staff. $125 for Guests.

INCLUDED IN TRIP COST
- Transportation—12 passenger van, unless otherwise noted.
- Equipment Rental —includes: mountaineering boots, crampons, ice picks, helmets, harnesses, and climbing gear.
- Leadership and Instruction.

REGISTRATION
- Fill out an Online Waiver
- Register Online
- You can also register at the Welcome Desk of the Campus Recreation Center on East Campus.

CANCELLATION DATE: Cancellation must occur by January 27, 2019 to receive a full refund.

PHYSICAL EXERTION LEVEL & PREREQUISITES
- MODERATE: Participants will hike 1-2mi/1.5-3km to the climbing area with the weight each participant carries ranging from 20lbs/9kg. Climbing routes are geared toward beginner to intermediate climbers and may be taller in height. No previous experience is required. Participants can expect elevation changes up to 0-200ft/ 0-60m over 3-6 hours.

PRE-TRIP MEETING
- When: February 6th at 7:00 p.m. Pre-trip meetings typically take 1-2 hours depending on the trip.
- Where: Meet in the Outdoor Center/ Bike Shop 5 Lawrence Dr.
- What to Bring: Yourself and any questions you have.
- Attendance at the pre-trip meeting is mandatory. Contact us ASAP with any schedule conflicts.

TENTATIVE ITINERARY: Due to the nature of outdoor trips, all itineraries are subject to change.

- Sunday
  - 5:30 a.m. Meet in the Bike Shop/ Outdoor Center 5 Lawrence Dr., load up!
  - 8:00 a.m. Meet with our guide and get geared up.
  - 8:30 a.m. Hike in to climbing site, instruction and then climbing.
  - Lunch – do not forget to pack your lunch!
  - More climbing...
  - 3:00 p.m. Head back to the van, de-issue gear.
  - 6:00 p.m. Arrive back to campus and trip evaluations.
PACKING LIST: The items on this list are HIGHLY recommended for your trip. Current temperatures and personal preference should be considered when packing. Please contact us if you have any questions or have trouble acquiring any of the items on the list, we may be able to help you out. A (*) denotes items that can be provided for you at no additional charge.

☐ Medical Questionnaire (Printed, Don’t Email), Complete online waiver.
☐ Lunch and Snacks do not forget to pack your lunch! If you have a thermos, hot drinks are great!
☐ Sunglasses: highly recommended, borrow from a friend or buy a cheap pair of either.
☐ *Hat: fleece or wool is best.
☐ Warm gloves: make sure they are water resistant.
☐ Warm Socks: wool hiking style is highly recommended.
☐ Base Layer Bottoms: worn next to skin and should be a polyester or other synthetic material.
☐ *Soft-shell or Ski/Snowboard Type Pants: these provide insulation from cold temps and water resistance during the climb (no cotton).
☐ Base Layer Top: worn next to skin and should be a polyester or other synthetic material.
☐ Shirts: during activity quick-dry material is required, such as polyester, polypropylene; a thin fleece shirt or vest may be a great added layer if temps are below 20.
☐ *Shell jacket: a soft shell or rain jacket to keep you warm on the hike-in and dry on the climb.
☐ *Very Warm Insulating jacket: puffy down or synthetic is preferred to stay warm in the down-time between climbs.
☐ Sunscreen & lip balm: 15 SPF minimum.
☐ Camera: protective case is highly recommended.
☐ Personal medications: inhaler, epinephrine, etc. Major medications should be noted on your Health Statement.
☐ Personal medical insurance card.
☐ *Climbing harness (if bringing your own it must be inspected prior to use).
☐ *2 Water bottles: quart/liter size is required; water bladders are okay. Hydration is key to staying warm!
☐ *Climbing Helmet.
☐ *Mountaineering Boots.
☐ *Crampons

Note: We will distribute other equipment specific to the activity at the pre-trip meeting or on trip departure day. If you have any personal equipment (sleeping bag, backpack, etc.) you would like to bring on this trip, please bring it to the pre-trip meeting so the trip leaders can make sure it is appropriate for the needs of this trip.

For further questions or information, please contact us:
978-934-6151 | outdooradventure@uml.edu