INDOOR CLIMBING - STONEHAM, MA
Meet on Thursday, February 13, 6 PM
| 5 Lawrence Drive, Lowell, MA 01854

DESCRIPTION
Come join the Outdoor Adventure Program for a night of community and climbing with Central Rock Gym Stoneham! Outdoor Adventure will supply all the necessary gear to get you into climbing for your first or fortieth time. You won’t find a better opportunity to meet UML folks who are into trying new things, climbing, and/or the outdoors.

COST: $10 UML STUDENT, FACULTY, OR STAFF | $20 GUEST
The following is included in the cost of this program:
- Instructors/Trip Leaders
- Activity Equipment
- Transportation

PHYSICAL EXERTION LEVEL: Light-Vigorous*
Climbing will be at your own pace. You will have plenty of routes to choose from with a variety of difficulties available.

*Exertion levels are estimates based off of individuals who regularly fulfill the US Department of Health & Human Services Physical Activity Guidelines and have no major limiting conditions. Please contact us if you have any questions or concerns regarding the physical exertion level of any of our trips.

SKILL LEVEL: Beginner
No previous climbing experience necessary.

Email: OutdoorAdventure@uml.edu
Phone: (978)934-6151
Address: 5 Lawrence Drive, Lowell, MA 01854
Website: https://www.uml.edu/CampusRecreation/Outdoor-Adventure/
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PRE-TRIP TASK LIST

☐ REGISTER ONLINE BEFORE THE DEADLINE
☐ FILL OUR YOUR MEDICAL FORM, PRINT IT, & BRING IT WITH YOU
☐ COMPLETE THE UML OAP WAIVER ONLINE
☐ COMPLETE THE CRG WAIVER ONLINE
☐ READ THROUGH & RESPOND TO THE CALENDAR INVITE
☐ CONTACT THE OUTDOOR PROGRAM WITH QUESTIONS, AS NEEDED
☐ PACK FOR THE TRIP USING THE PACKING LIST PROVIDED

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

<table>
<thead>
<tr>
<th>TIME</th>
<th>ACTIVITY</th>
<th>NOTES</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 PM</td>
<td>MEET AT THE OUTDOOR ADVENTURE CENTER/BIKE SHOP</td>
<td>5 Lawrence Drive, Lowell, MA 01854 This should be determined based off of participants needs and the intended goals of this trip- contact the program to adjust this time.</td>
</tr>
<tr>
<td>6-6:10 PM</td>
<td>PREPARE FOR ACTIVITY</td>
<td>Check in, use restrooms, fill water bottles, apply sunscreen, change into synthetic layers, etc.</td>
</tr>
<tr>
<td>6:10-6:30 PM</td>
<td>DAY OVERVIEW &amp; INTROS</td>
<td>Introductions, intro game, equipment selection, itinerary review, etc.</td>
</tr>
<tr>
<td>6:30-7 PM</td>
<td>DRIVE TO TRIP LOCATION</td>
<td>10 Adam Rd, Stoneham, MA 02180</td>
</tr>
<tr>
<td>7-9 PM</td>
<td>INSTRUCTION &amp; CLIMBING</td>
<td>Central Rock Gym will provide us with belay lessons/test outs as needed. Belaying is supporting your climber using a belay device and belay technique. The class is included with the cost of this outing. Otherwise, we are all free to climb and socialize!</td>
</tr>
<tr>
<td>9-9:30 PM</td>
<td>DRIVE BACK TO UML</td>
<td></td>
</tr>
<tr>
<td>9:30-10 PM</td>
<td>DEBRIEF</td>
<td>Arrive back at the at the Outdoor Adventure Center/Bike Shop, clean up, review course content/answer any remaining question, etc.</td>
</tr>
<tr>
<td>10 PM</td>
<td>LATEST DISMISSAL</td>
<td>This should be determined based off of participants needs and the intended goals of this trip- contact the program to adjust this time.</td>
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CURRICULUM TOPICS
- Climbing technique
- Belaying
- Figure-8 Follow Through

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PACKING LIST
The items on this list are strongly recommended for your trip. The weather forecast and your thermal perception should be considered when packing.

RESPONSIBILITY OF THE PARTICIPANT:

<table>
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<tr>
<th>ITEM</th>
<th>DETAILS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medical Questionnaire</td>
<td>Printed, do not email; complete online waiver</td>
</tr>
<tr>
<td>Personal Medications</td>
<td>Medical</td>
</tr>
<tr>
<td>Medical Insurance Card</td>
<td>Medical</td>
</tr>
<tr>
<td>Physical Activity Clothing</td>
<td>Longer bottoms are recommended: leggings, sweatpants, longer shorts; short-shorts may be uncomfortable with a harness</td>
</tr>
<tr>
<td>Water Bottle</td>
<td>Stay hydrated; optional- drinking fountains available</td>
</tr>
<tr>
<td>Snacks</td>
<td>Stay fueled; optional- snacks available for purchase</td>
</tr>
</tbody>
</table>

*Please contact us if you have any questions or difficulty acquiring any of the items on the list- we may be able to help.

PROVIDED BY UML OUTDOOR ADVENTURE:
You are welcome to bring your own equipment. All participant equipment is subject to trip leader approval. Contact us to review any personal gear you would like to bring.

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<tr>
<td>First Aid</td>
<td>Safety first 😊</td>
</tr>
<tr>
<td>Activity Specific Gear</td>
<td>Climbing harnesses, belay devices, chalk/chalk bags, climbing shoes, etc.</td>
</tr>
</tbody>
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