Outdoor Rock Climbing
Gloucester, MA
Saturday, April 7th, 2018

TRIP DESCRIPTION:
We will visit a popular climbing site that has numerous cliffs to choose from close to Gloucester MA. Participants will learn basic climbing skills such as: climbing technique, knots, proper and safe belaying, rappelling, top rope climbing site etiquette, and leave no trace. You will engage with a active climbing community in the area, and be exposed to other climbing styles and practices.

COST: $15 for students/faculty/staff, $35 for guests

INCLUDED IN TRIP COST:
- Transportation—12 passenger van, unless otherwise noted.
- Equipment —with the exception of some clothing and personal items listed on the packing list. Harness, climbing shoes, chalk, and helmet included.
- Leadership & 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 March 24th, 2018 to receive a full refund.

PHYSICAL EXERTION LEVEL & PREREQUISITES
- VARIES: climbing is inherently physically demanding, however, the amount you climb is up to you. Climbing routes are chosen to meet beginner climber’s ability. More difficult routes, up to 5.9 can be set up for more experienced climbers. There are no Prerequisites for this trip.

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

8:00am – Meet in atrium of Campus Recreation Center, check gear, and depart
9:30am – Arrive at site and hike to climbing area, review knots, harnesses, belay, technique, etc.
10:00am – Top Rope Climbing and rappelling fun!
12:00pm – Lunch - do not forget to pack a lunch!
5:00pm – Pack up and return to UML

Check out the Packing List on the back...
PACKING LIST: The items on this list are HIGHLY recommended for your trip. Current temperatures and personal preference should be considered when packing. A (*) denotes items that can be provided for you at no additional charge.

☐ Lunch and Snacks – *bring plenty of snacks to stay fueled!*
☐ *2 water bottles: quart size – you need at least 2 liters of water with you! It’s a hot day*
☐ Sunglasses: highly recommended, buy a cheap pair if you have none
☐ Sun Hat: don’t let the sun turn you red
☐ Hiking Socks: wool hiking style are strongly recommended, they keep your feet cushioned and dry for trail conditions
☐ Hiking Boots or Athletic Shoes: hiking boots are strongly recommended due to potentially rocky and slippery conditions
☐ Hiking Pants: dress for the current temps, synthetic fabric preferred (avoid cotton, no jeans)
☐ Shirt: synthetic quick dry fabric is preferred
☐ *Rain Jacket*
☐ Warm Top Layer (synthetic fabric is preferred, fleece is best)
☐ 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
☐ Small Backpack to take with you on hikes to climbing area
☐ *UIAA approved Rock Climbing Harness, Helmet, Belay Device, Climbing Shoes (all personal equipment will be subject the use at the discretion of the trip leaders)*

For further questions or information, please contact us:
978-934-1932 | outdooradventure@uml.edu