Rock Climbing
Gloucester, MA
April 13, 2019

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, $45 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:
- Register Online

CANCELLATION DATE: Cancellation must occur by March 30th, 2019 to receive a full refund.

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

Pre-Trip Meeting: Will take place over the phone the week prior to trip.

TENTATIVE ITINERARY: Due to the nature of outdoor trips, all itineraries are subject to change.
8:00am – Meet in Bike Shop/ Outdoor 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.

☐ Medical Questionnaire (Printed, Don’t Email), Complete online waiver.
☐ 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:
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