Rock Climbing Skills Weekend
Pawtuckaway State Park, NH
November 2-4, 2018

TRIP DESCRIPTION:
Located in Nottingham, NH, Pawtuckaway State Park is the southernmost of the major climbing destinations in the state. Hundreds of glacial erratic boulders line the forests while the assorted and scattered crags stay mostly out of sight. Hosted by an AMGA single pitch instructor this trip will allow you to develop your essential rock climbing knowledge. Instruction will include rock climbing basics as well some opportunities for learning advanced topics such as anchor building, rappelling, traditional gear placement, mock lead climbing, anchor cleaning and a variety of climbing knots and how to effectively pick climbing sites that suite your ability.

The Enriching Essential Learning Outcomes (E2LO) Initiative helps you build connections between the core outcomes that you achieve in the classroom and events and experiences that take place beyond it. The program you are attending is designed to enrich your student experience related to Social Responsibility and Ethics by exposing you to the concepts of Leave No Trace Outdoor Ethics. By attending programs like this your student experience may be enriched in a variety of ways! For information on E2LO events, experiences, rewards and scholarship opportunities please visit the UMass Lowell E2LO website.

TRIP COST: $35 for students/faculty/staff, $75 for guests

INCLUDED IN TRIP COST:
- Transportation—12 passenger van, unless otherwise noted.
- Activity Equipment —some clothing and personal items not included, review the packing list.
- Park Entrance Fees, campsite fees, food
- Instruction and Leadership

REGISTRATION ONLINE:
- Fill out an Online Waiver, Print and fill out the Medical Questionnaire
- Register online
- You can also register in person at the Outdoor Center, 5 Lawrence Drive

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.

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. Some advanced topics may not be suitable for beginners.

Previous climbing experience is encouraged but not necessary

PRE-TRIP MEETING:
- Tuesday October 30, 2018 @ 7pm @ the Bike Shop/ Outdoor Center 5 Lawrence Drive. The meeting will last about 1 hour.
- Bring yourself and any questions you may 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, itineraries are subject to change.
- **Friday 11/2**
  - Meet at the Bike Shop/ Outdoor Center (Time TBD at the pre-trip meeting), Review Equipment, load up! Bring money for dinner on road.
  - Drive to Pawtuckaway, possible short hike, set up camp
- **Saturday 11/3**
  - 8:00 a.m. breakfast, pack up, get geared up
  - Climb, lunch, climb some more
  - ~5:00 p.m. make camp, eat dinner, relax
Sunday 11/4
- 8:00 a.m. Breakfast in camp, pack-up, begin hiking
- Climb, possible day hike
- 3:00 p.m. Leave Pawtuckaway, head back to campus (lunch on the road, have $$)
- 5:00 p.m. Arrive back to campus. De-issue gear and trip evaluations. Dismiss ~ 6:00pm

PACKING LIST: The items on this list are HIGHLY recommended for your trip. Current temperatures and personal preference should be considered when packing. Wearing the same piece of clothing multiple times is OK on an outdoor trip, so do not over-pack...but at the same time, do not skimp on needed items. A (*) denotes items that can be provided for you at no additional charge.

- Medical Questionnaire (Printed, Don’t Email), Complete online waiver.
- *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 or borrow from a friend
- 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/athletic Pants: dress for the current temps, synthetic fabric (avoid cotton, no jeans)
- Shirts: synthetic quick dry fabric is preferred
- Underwear
- Toiletries (if you wear contacts bring an extra set)
- Feminine hygiene products (bring a Ziploc for disposal)
- Money (food on the road)
- Book or journal (great for the van or down time on the trip)
- Hand sanitizer (keeping clean is a good thing)
- Insect repellent (no need for a huge bottle, personal size will be adequate)
- Rain suit (jacket is a must, pants as well, as weather in the mountains can change drastically and suddenly)
- Warm Top Layer/Jacket (synthetic fabric is preferred; fleece is best)
- Sunscreen & lip balm: 15 SPF minimum
- Camera: protective case is highly recommended
- Small Backpack/day pack 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)
- *Sleeping bag (with proper temperature rating for the season, we use 0 or 20 degree bags)
- *Sleeping pad
- *Headlamp (you must provide 3AAA batteries if borrowing one of ours)
- *Mess kit (plate, cup, eating utensils – a small plastic Tupperware bowl and mug work great)
- Personal medications: inhaler, epinephrine, etc. Major medications should be noted on your Health Statement
- Personal medical insurance card

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 (backpack, sleeping bag, etc.) that you would like to bring on this trip, please bring it to the pre-trip meeting so trip leaders can make sure it is appropriate for the needs of this trip.

For further questions or information, please contact us:
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