Rock Climbing and Service Day
Den Rock, Lawrence, MA
October 14th, 2018

TRIP DESCRIPTION:
We will visit a local climbing area Den Rock in Lawrence, MA. The first half of the day we will also be performing a stewardship project to help clean up and maintain the site for future users. In the afternoon 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 busy climbing community in the area, and be exposed to other climbing styles and practices.

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.

COST: Free for all participants!

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, Print and Fill out the Medical Questionnaire
- Register Online
- You can also register at the Outdoor Center, 5 Lawrence Dr.

PRETRIP MEETING:
- By phone two days before the trip

PHYSICAL EXERTION LEVEL & PREREQUISITES: EASY
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 routes up to 25ft/ 0-10m.

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
9:00am – Arrive at Den Rock, Begin service project
12:00 am - hike to climbing area, review knots, harnesses, belay, technique, etc.
12:30am – Top Rope Climbing and rappelling fun!
5:00pm – Pack up and return to UML
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 or borrow from a friend
☐ Sun Hat
☐ 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/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)

For further questions or information, please contact us:
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