Indoor Rock Climbing
Central Rock Gym, Stoneham, MA
February 12, March 26, 2019

TRIP DESCRIPTION:
Even in cold weather, you can keep your climbing skills sharp! This beginner-friendly trip is designed to teach you basic climbing skills such as: climbing technique, proper and safe belaying. For beginners and experienced alike, this gym offers some challenging routes to get a work out. Wind down after a busy day by trying some creative routes, and getting vertical with other people.

COST: $10 Students/Faculty/Staff, $20 for guests

INCLUDED IN TRIP COST:
 Transportation—12 passenger van, unless otherwise noted.
 Activity Fees & Equipment – day use fee, harness, climbing shoes, and chalk included
 Instruction

REGISTRATION ONLINE:
 Fill out an Online Waiver, Print and fill out the Medical Questionnaire
 Register online

PHYSICAL EXERTION LEVEL & PREREQUISITES
 LOW - MODERATE: climbing is inherently physically demanding, however, the amount you climb is up to you. A variety of routes are available to meet beginner, intermediate and advanced climber’s ability.

BELAY CLINIC
 Belay instruction will be provided at the climbing gym on the day of this trip.

TENTATIVE ITINERARY:  Due to the nature of outdoor trips, all itineraries are subject to change.
 Tuesday:
  o 5:00 p.m. Meet in the Outdoor Center/ Bike Shop, Head to the climbing gym
  o 6:00 p.m. Get your Climb On!
  o 9:00 p.m. Head back to campus
  o 10:00 p.m. Return campus, return gear, and trip evaluations.

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.
□ Athletic clothing (that does not restrict movement is good for climbing)
□ Personal medications (inhaler, epinephrine, etc.)
□ *Climbing shoes (or athletic shoes, no sandals of any kind while climbing, bring socks if you’re renting)
□ *Climbing harness (if bringing your own it must be inspected prior to use)
□ *Water bottle
□ *Chalk Bag
□ Snacks

Note: Use of personal climbing equipment such as carabineers and ATCs is not permitted at the climbing gym. We will distribute other equipment specific to the activity on trip departure day. If you have any personal equipment (harness, etc.) you would like to bring, our trip leaders will ask to review it to make sure it is appropriate for this trip.

For further questions or information, please contact us:
978-934-6151    outdooradventure@uml.edu