Women’s Indoor Rock Climbing  
Boston Rock Gym, Woburn, MA  
February 28, 2018

TRIP DESCRIPTION:  
This new and beginner-friendly trip is designed to teach you basic climbing skills and increase confidence in your climbing ability; Female instructors will provide individualized instruction, including belaying and climbing technique, for all abilities. This experience will be in conjunction with Ladies Night at Boston Rock Gym. Come ready to learn and ask questions!

COST:  $5 day pass to Boston Rock for all women

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:  
- Fill out an Online Waiver  
- Register Online  
- Complete the waiver for Boston Rock Gym  
- You can also register at the Welcome Desk of the Campus Recreation Center on East Campus

PHYSICAL EXERTION LEVEL & PREREQUISITES  
- VARIED: 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:  
  - 5:00 p.m. Meet in the Atrium of the Campus Recreation Center, Head to the climbing gym  
  - 6:00 p.m. Get your Climb On!  
  - 9:00 p.m. Head back to campus  
  - 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: 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:  
outdooradventure@uml.edu