



*This document outlines the basic information regarding the trip. More details regarding the trip may be provided or changed at the Pre-Trip Meeting. If you have further questions after reading this document, please see "Contact Information" below.*

**Program Description:**

This trip is designed for entry level climbers who are looking to try climbing outside, or moderate climbers looking to explore a new area. Participants will learn the basics of top-rope belaying, fundamental climbing technique, and basic climbing equipment.

**Mandatory Pre-Trip Meeting:**

All participants in the Intro to Rock Climbing trip must attend a mandatory pre-trip meeting. The date and time of this meeting will be determined by the instructors and announced the week leading up to the trip. During this time important information will be discussed, and you will have a chance to meet your Trip Instructors and fellow participants, as well as ask any questions. If you cannot attend this meeting, please contact the Outdoor Program as soon as possible.

**Itinerary:**

The group will meet and depart the day of the trip at **8:00 AM**. The group will return no later than 4:00 PM.

**Meals:**

The Outdoor Program does not provide food on day trips. Participants should plan their food and nutrition needs in advance – high calorie foods and snacks are encouraged (bars, jerky, etc).

**Refund Policy:**

Participants withdrawing 10 days before the course start date are eligible for a refund subject to a \$5.00 processing fee. Participants wanting to transfer courses should contact the Coordinator – Climbing Wall/Outdoor Program. Full refunds will be granted if the course is canceled due to weather, objective hazard, or low enrollment.

**Drugs and Alcohol:**

Drugs are never allowed on OP trips. Being under the influence of any drug or alcohol is prohibited. Alcohol is not allowed on any OP trip in the field and/or transported to the venue. Participants caught using or being under the influence of drugs or alcohol may be reported to the Office of Student Conduct.

**Electronic devices:**

As connections with fellow students and the outdoor world is a key value of the OP, use of cell phones should be limited to picture taking and essential communication. If you have any questions about this policy please discuss this with your Trip Instructor.

## **Equipment Checklist:**

This list details equipment provided by the Outdoor Program and equipment that participants are responsible for securing themselves. If you have questions regarding what to bring, or what is provided please contact us as soon as possible. Personal equipment is acceptable but is subject to approval by your trip instructor.

### **Equipment provided by the Outdoor Program**

- Climbing Shoes
- Climbing Harness
- Belay Device & Locking Carabiner
- Helmet
- Chalkbag

### **Equipment Participants Are Responsible for Securing**

- Closed-toed Shoes
- Rain Gear
- Hat w/ brim or visor
- Appropriate clothing depending on weather
- Water bottle (1 liter)
- Bandana(s) (optional)
- Sunscreen (the stronger the better)
- Lip balm w/SPF sun protection
- Sunglasses
- Camera (optional)

### **Important Information for Participants:**

#### *Pre-trip meetings and safety*

Our pre-trip meetings are designed to help you understand the physical activity involved and some of the potential risks and considerations of which you need to be aware. It is extremely important that you understand what is involved with your participation in the trip (i.e. required equipment/clothing, inherent risks and physical preparedness). If you do not understand, ask either the Trip Instructor prior to the departure of the trip. It is your responsibility to make sure you get all the information and your personal equipment before the trip departs. If at the end of the pre-trip meeting you decide that the trip is not appropriate for you, please contact the leaders to discuss your options.

#### *Our expectations of you as a participant:*

As a participant in our outings, you are expected to help out in such areas as setting up camp, cooking, and cleaning. If you are unfamiliar with how to perform these tasks, that's okay, we are happy to help you learn. Beyond helping out, it is imperative that you listen and pay attention to the leader(s) at all times. It is understood that everyone plays a role in safety, for your own safety for the safety other participants.

#### *Environmental impact*

On our outings we use a variety of public lands; therefore, it is important to not only minimize our physical impacts, it is also important to minimize impacts on other users. The Outdoor Program strictly follows the seven practices and principals of 'Leave No Trace.' We expect that all participants on our outings will do the same.

#### *Health considerations and physical preparedness*

Please inquire with us if you are concerned at all about not being physically prepared, we can help clarify the activity level that may be involved in our outings. If you have a health condition that may affect your

participation please contact your health professional for specific advice. It is essential that we fully understand the effect any health condition or medication may have on your participation. Please tell your Trip Instructor(s) about any condition that may affect your participation in the trip.

**Contact Information**

Questions regarding the trip can be directed to:

Andy Nelson, Coordinator – Climbing Wall/Outdoor Program

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OR

Rodney Ley, Assistant Director – Outdoor Programs

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