

Rock-About, Inc.
Saturday Checklist & Itinerary

Please be sure all participants have the following:

- * Backpack or book bag to carry your climbing equipment.
- * Water - MINIMUM 2 liters per person (more if HOT).
- * Sack lunch - Fruit, sandwiches, trail mix, etc.
- * Sun protection - sunscreen, hat, sunglasses, etc.
- * Hiking boots or athletic shoes. We hike approximately 1 mile to our climbing site over some rugged terrain.
- * Loose, comfortable clothing that allows you to move freely: shorts (except running shorts), loose fitting pants, running tights, T-shirts, tank tops, etc. Be prepared for warm or cool weather.
- * Rain wear.
- * Insect repellent.
- * Camera (for most excellent shots).
- * \$6/day for Park User Fee. Pay at the Ranger station (opens at 8am).
- * An excellent attitude.

Saturday Climbing 101 Itinerary

Saturday:

8:00am -- Registration & orientation in main parking lot by the bathrooms/showers.

8:30 -- Hike to safety class with all of our gear for the day, appx. 1 mile.

9:30 -- Safety class/ground school. Harness, ropes, knots, and belaying instruction.

11:00 -- Hike to Climbing area; Explanation and demonstration of fundamental climbing techniques.

11:30am - 4:00pm -- Climb like crazed monkeys.

4:00 -- Prepare to hike back to parking lot with all gear.

4:30 -- Group returns to parking lot together. No early departures.

We should be back in the parking lot around 5pm.