

OUTDOOR ADVENTURES

BEGINNER ROCK CLIMBING



Personal Equipment Checklist

This is a general list of what you should consider bringing, please prepare for variable weather!

- ◇ Pants (not jeans!) and t-shirt
- ◇ Fleece or wool jacket/sweater
- ◇ Windproof and/or waterproof shell
- ◇ At least 2 liters of water
- ◇ Sunscreen and sunglasses
- ◇ Comfortable shoes for light hiking
- ◇ Personal climbing gear (if you have it!)
- ◇ Personal medications (inhaler, epi pen, etc...)
- ◇ **Lunch**
- ◇ **Snacks**
- ◇ Extra money

Outdoor Adventures Provides

OA will provide everything you need to have a safe and fun rock climbing experience. This includes ropes, carabiners, harnesses, climbing shoes, and helmets. Due to liability concerns participants must use the harnesses and helmets provided by Outdoor Adventures.

In addition to the equipment provided for this trip, Outdoor Adventures will provide all instruction necessary to ensure that you have a great day in the Consumnes River Gorge. This instruction begins with the pre-trip meeting which is always scheduled for the Wednesday before your trip at 6:30 pm. This meeting will take place at the Indoor Climbing Wall in the ARC. Mark your calendar of this date when you sign up for the trip to ensure that you don't miss out on this valuable information.

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