

Family Rock Climbing Experience



Learn the basics to outdoor rock climbing together and it will open a whole new world! Learn knots, belay techniques, equipment, local routes, safety skills, and climbing techniques. There is nothing as bonding like belaying and supporting each other on the rock!

Food: Participants should bring water and snacks. Climbing can be an intensive and demanding activity that requires sustained energy. Snacks should include slow burning foods that release calories over time like nuts and fruit. Bars with added sugar and syrup

are not recommended.

Equipment: Participants should bring extra layers in case of weather changes and wear outdoorsy clothes that they do not mind getting dirty or scraped up. All climbing equipment will be provided at no extra charge. Sun protection (make sure any sunscreen won't sting your eyes when sweating)

Weather: In the event of rain, thunder or lightning climbing will be canceled and rescheduled to a later day, no refunds of fees for weather. Participants will be contacted and informed of any adverse weather decisions.

Transportation: Participants are required to provide their own transportation to the meeting location at 1pm. The meeting location is in the last parking-lot at the top of Mt. Erie.