

## Outdoor Rock-Climbing Camp



Indoor climbing is fun, but have you tried the real rock yet? Learn the basics of outdoor rock climbing, including knots, belaying, different types of equipment, rappelling, climbing technique, safety skills, and all the stuff leading to great character-building traits.

Food: Participants should bring water, snacks, and a meal for a lunch break. Climbing can be an intensive and demanding activity that requires sustained energy. Snack should include slow burning foods that release calories over time like nuts, nut butter, fruit or a healthy trail mix. 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 including shoes, helmet, harness etc. Participants are welcome to bring their own equipment if they have it. 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 then rescheduled.

Transportation: Parents are required to provide their kids transportation to the meeting location at 9am. The meeting location is in the main parking-lot at the bottom of Mt. Erie.