



CLIMBING DAY TRIP

LOCATION: _____

PRE-TRIP MEETING: _____ @ ____ PM in the Outdoor Rec Office → U-Rec

TRIP: Date of Trip: _____ Meeting Place: Outdoor Rec Office → U-Rec

Meeting Time: _____ Approx. Finish Time: _____

Clothing

- 1 Waterproof jacket*
- 1 Waterproof pants*
- 1 Pair Outdoor Pants (preferably non-cotton)
- 1 Shirt (preferably non-cotton)
- 1 Insulated Layer (top)
- 1 Pair Climbing Shoes**

Food

- Your own lunch for the day
- Ex: Sandwich, fruit, etc.
- 2L of water
- Trail Snacks (if you so desire)

Other

- Daypack to carry lunch & water
- Climbing Harness**
- Belay Device**
- Helmet**
- Personal Medications

Optional

- Water Bladder
- Climbing Tape
- Lip protection
- Sun block
- Personal First Aid Kit
- Sunglasses

*Necessary dependent upon weather conditions.

**Available to borrow from outdoor rec free of charge upon request.

Activities

We will be climbing single-pitch routes. Sport, and top rope climbing will all be available. **Shoes and harnesses will be available upon request prior to the trip.**

It may be possible for experienced trad and sport leaders to bring their own gear at the discretion of the trip leaders.



ONLINE WAIVER INSTRUCTIONS

Go to

www.whitworth.edu/urec

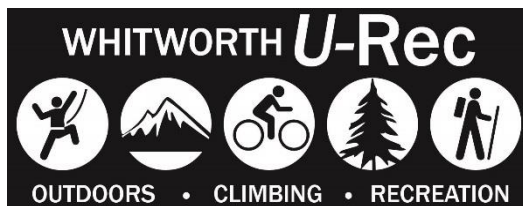
and follow the link that says "Waivers" on the left side of the page in the grey box. Next, click on "Outdoor Recreation Waiver" and you will be prompted to enter your login credentials. Please be sure to fill out the waiver BEFORE the trip.

Questions/Contact

whitworthoutdoorrec@gmail.com

Refund Policy

- For refund policy information, refer to www.whitworthoutdoors.com/policies
- Should Whitworth Outdoors cancel a trip or class, we will issue a credit or full refund. Reasons may include severe weather, road conditions, instructor illness, and lack of participant numbers.



Check out www.whitworthoutdoors.com for more information
Like the Whitworth Outdoor Rec Facebook page to stay updated about upcoming trip opportunities!