



**nextteams**  
the next step in team development

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### **Rock Climbing Itinerary**

Thank you for your interest in adventure programs with **GO-Adventures**. The following itinerary briefly outlines the *Introduction to Rock Climbing* program.

**Date:** TBA

**Location:** TBA

**Time:** 9:00 am – 3:00 pm

**Objectives:** Instruction in basic rock climbing safety and technical skills,

*Technical Skills covered:*

- Essential rock climbing equipment
- Tying-in with Figure – 8 knots
- Belaying with a belay plate
- Basic climbing techniques
- Basic rappelling techniques



### **Basic Itinerary:**

9:00 am – Arrive at Parking Lot –  
Assign equipment  
Harnesses, Helmets and Shoes  
9:15 am – Hike to climbing areas  
9:30 am – Belay Techniques – Safe use of belay plate with student/instructor back-up.  
10:00 am – Rock Climbing activities.  
[LUNCH is eaten between climbs]  
2:45 pm – Break down gear and return to parking lot.  
3:00 pm – END

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### **Terms of Service**

**GO-Adventures** will provide equipment and guides for an *Introduction to Rock Climbing* course.

Date: TBA 9:00am – 3:00pm

Location: TBA

Reservations: 50% deposit due to reserve your program date, with balance due on the day of the program.

Cancellation Policy: If making cancellation more than 14 days prior to the program date, full refund available. If making cancellation within 3 and 14 days of the program date, 50% of deposit will be forfeited. Cancellation within 72 hours of the program date will forfeit your entire deposit.

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### **What to Bring:**

A harness, shoes, helmet and all instructional climbing gear will be provided by **GO-Adventures**. Participants are responsible for their own personal gear, and should bring the items on the list below.

It is very important that participants have these items in order to ensure a safe and comfortable day for everyone!

- Signed liability waiver and medical form
- Water
- Food that will not spoil
- Comfortable clothing that is appropriate for time of year (hat, jacket, shorts, etc.)
- Sturdy, close-toed shoes
- Rain gear
- Sunscreen
- Bug-repellent
- Small pack for your belongings

\*\*Please note that, **unless there is lightning**, inclement weather will NOT discontinue activities- please come prepared!

**The waiver must be complete and unedited, both front and back, prior to participation.** If you have any further questions or concerns, please feel free to contact our office at (240) 603-4150.

Thank you,

Eriq Powers

**GO-Adventures**

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