Fall Break Climb and Hike
Pilot Mountain and Hanging Rock, NC
Friday, October 8th - Tuesday, October 12th

Trip Description:
If you like rock climbing at Kaplan, you'll love this Fall Break adventure. We will be camping at Pilot Mountain all weekend and climbing in different locations each day. The routes will fluctuate in difficulty, so there is something for everyone. If you're feeling up to it, there will be an opportunity to lead climb! Worried your hands will get too beat up? We have a mid-trip break for hiking so you can give your hands a rest! No experience required, you'll gain plenty of new skills out there!

Trip Cost: Student = $115 (add $10 for non-students)
Includes: transportation, equipment, instruction, and meals (excluding those on the road)

Cancellation & Refund Policy: You must cancel 10 BUSINESS DAYS PRIOR to trip departure date to receive a refund, minus a $15 cancellation fee. Any cancellation within 10 business days will receive NO refund. If Outdoor Adventures cancels the trip prior to departure, a full refund will be issued. You may transfer your funds to another trip as long as it is outside 10 business days from the trip date, no cancellation fee is applied for transfers.

Cancellation Deadline for Partial Refund: Monday, September 27th

Requirements to Participate:
The following requirements are required for your trip. If you do not meet or complete the following requirements prior to your trip, you will be removed from the trip without refund. These requirements are necessary to maintain safe and enjoyable trip experiences for all group members.

1) Attend the mandatory Pre-Trip Meeting: Wednesday, October 6th @ 7:00 PM in Outdoor Adventures.
2) You must be able to depart by 1:00PM on Friday, October 8th.
3) You must have broken in hiking boots with proper ankle support for this trip! Please bring these to the pre-trip meeting to be inspected by the trip leaders.
4) You must be comfortable carrying a backpack with up to 35 pounds of food and other climbing gear.

Outdoor Adventures trips are human powered and adventure-based, therefore, you should expect some level of physical exertion from all of our trips. It is important to consider your current level of physical fitness and any other physical or mental limitations you may have when deciding to participate in any of our activities. For clarification on any activities and the difficulty, please contact us.

Goals of an OA trip:
1) Have a fun time outside and away from campus!
2) Learn technical outdoor skills.
3) Connect with our natural world and learn how to appreciate the areas we travel.
4) This is a group experience, so emphasis is also placed on interacting and getting to know new people.

Planned Itinerary (these times are approximate and subject to change):
Friday, October 8th:
- Meet at Outdoor Adventures by 1:00PM (participants must be able to depart at this time).
- After a quick gear check, we will load into the vehicle for our drive to Pilot Mountain.
- Once we arrive at our campground, we will set up tents and relax for the night.

Saturday, October 9th - Monday, October 11th:
- We will split up our days between hiking and climbing. For these three days we will be returning to our campsite at the end of each day.

Tuesday, October 12th:
- On the last day, we will wake up, break down camp, eat breakfast, and climb one last time before driving back to campus.
- Return to campus around 6:00PM, de-issue equipment and say goodbye.

Email reminders will be sent prior to every trip, so please check your email leading up to the trip. If you have any questions prior to the trip, please contact us. We are open M-F 11-9PM and Weekends 1-6PM. Phone: 336-334-4033 Email: uncg_oa@uncg.edu Web: recwell.uncg.edu/oa
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### Packing List:
Please contact us with any questions about the packing list. If your trip has a pre-trip meeting, the list will be reviewed in detail at the meeting. Please keep in mind that all activity specific equipment (tents, sleeping bags, etc.) will be issued on the trip or at the pre-trip meeting. Participants are expected to bring everything on the packing list and ask questions about any substitutions.

**Any item with an asterisk (*) denotes items that we will provide for you at no additional charge.**

#### Head, Hands, & Feet
- Warm Hat
- Baseball Cap or Wide-brim Hat
- Warm Gloves
- Hiking Socks: wool hiking style are highly recommended, great for comfort and blister prevention
- Hiking Boots/Shoes: broken in hiking boots or athletic shoes with good foot support—no sandals of any kind while hiking!
- Camp Shoes: Crocs, Tevas, Keens, Chacos or similar sport sandals (must have straps), or sneakers. NO flip-flops!
- Camp Socks: a clean pair that you have to change into and to keep your feet warm at night

#### Upper Body
- *Hiking Shirt: short or long sleeve, quick-dry material required—no cotton!*
- Camp Shirt: clean shirt to change into once arriving at camp
- *Jacket: appropriate for temperatures during the trip (this could be fleece, down, or similar insulating material).*
- *Rain Jacket: must be high quality material and have a hood*

#### Lower Body
- Hiking Pants/Shorts: for optimal comfort you will want hiking specific shorts or pants, quick-dry material is ideal
- Camp Pants: long pants for lounging around the campsite and to keep warm at night (lightweight material preferred)
- Underwear
- *Rain Pants: must be a high-quality material if bringing your own*

#### Personal Items
- Toiletries: contacts/solution (bring an extra set), toothpaste, toothbrush, hand sanitizer, etc. (travel sizes are best),
- Insect repellent
- Small backpack or duffel bag: to keep your personal items/clothing in while traveling (nothing too big)
- Book/journal: for the vehicle or down time on the trip
- Travel pillow: travel size, not your bed pillow (optional)
- Money: food on the road and/or possible souvenirs—bring some money in cash
- Sunscreen: 30+ SPF (NO Spray sunscreen is allowed, bring lotion/cream)
- Lip Balm (with SPF recommended)
- Sunglasses: We recommend you bring a keeper strap for these
- Camera: protective case is highly recommended (optional)
- Personal medications: prescription drugs must be on your health form
- Personal medical insurance card (required)
- (3) AAA batteries: if borrowing one of our headlamps, you cannot forget these!
- *Headlamp: you must provide batteries*
- *Backpack: 80L size minimum required*
- *Water bottle: quart size (required)*
- *Climbing Harness: if bringing your own it must be inspected prior to use*
- *Climbing Shoes: no sandals of any kind while climbing*
- Chalk bag (optional)