

# Bouldering

## Moore's Wall, NC

### Sunday, October 27<sup>th</sup>



#### Trip Description:

Come with us to one of North Carolina's most popular bouldering sites! While many outdoor enthusiasts love top rope and sport climbing, bouldering is the most simple and free form of climbing. All you need are shoes and some good friends to support you. We'll bring the crash pads, and lunch, you bring the energy and we're sure to have a perfect Sunday at the crag. With problems as easy as V0 all the way to V8, you're sure to find something that works for you!

#### Trip Cost: Student = \$20 (\$30 for non-students)

Includes: transportation, equipment, instruction, and lunch.

**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 if transferring 10 business days or more prior to trip departure.

#### Cancellation Deadline for Partial Refund: Monday, October 14<sup>th</sup>

#### 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) You must be able to depart by 6:00AM on Sunday, October 27<sup>th</sup> at Outdoor Adventures

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):

##### Sunday, October 27<sup>th</sup>:

- Meet at Outdoor Adventures by 6:00AM (participants must be able to depart at this time).
- We will drive to Moore's Wall and head to our bouldering sites for a day of climbing!
- A lunch break will give your hands a little time to relax before getting right back into it. After we finish climbing, we'll hike back to the van for the drive home.
- Return to campus around 5:00PM, 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-Th 12PM-9PM, F 12PM-8PM, and S-S 1PM-6PM.

Phone: 336-334-4033 Email: [uncg\\_oa@uncg.edu](mailto:uncg_oa@uncg.edu) Web: [recwell.uncg.edu/oa](http://recwell.uncg.edu/oa)

## 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
- Athletic Shoes: to wear during the hike to climbing site and while you are not climbing. Must be closed toe, closed heel, no flip-flops.
- \*Climbing Shoes: no sandals of any kind while climbing

### Upper Body

- Athletic shirt that does not restrict movement (bring layers depending on the weather)
- \*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

- Athletic pants/shorts that do not restrict movement (bring layers depending on the weather)
- \*Rain Pants: must be a high quality material if bringing your own

### Personal Items

- Sunscreen: 30+ SPF (Spray Sunscreen is not recommended)
- Lip Balm: lip balm containing SPF is highly 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)
- Menstrual products
- \*Water bottle: quart size (required)
- Daypack: small backpack to carry extra layers, water, etc. during the day
- Chalk Bag (optional)

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