

Fall Break Rock Climbing

New River Gorge National Park, WV

Friday, October 11th – Tuesday, October 15th



Trip Description:

Spend this Fall Break with us in the beautiful mountains of West Virginia! After arriving at our campsite on Friday we will have four days to enjoy the picturesque landscapes of the New River George while climbing some of the 1,400 established rock climbs and exploring the National Park. Share the adventure, campsite stories, and delicious meals with people who love outdoor climbing as much as you do!

Trip Cost: Student = \$185 (\$195 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 if transferring 10 business days or more prior to trip departure.

Cancellation Deadline for Partial Refund: Friday, 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 9th @ 6:00PM in the Kaplan Center Conference Room.
- 2) You must be able to depart by 2:00PM on Friday, October 11th at Outdoor Adventures.
- 3) You must get Belay Certified from us prior the trip. Failure to get certified will result in being dropped from the trip. See our Belay Clinic schedule or ask a staff member to register. The \$5 clinic fee is waived if you are registered for a climbing trip.
- 4) We encourage you to attend a Lead Climbing Clinic on Thursday, September 26th. This not a requirement to participate but recommended to get the full climbing experience! The \$5 clinic fee is waived if you are registered for a climbing trip
- 5) A wilderness experience involves sleeping in tents and using the restroom in the outdoors.

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 11th:

- Meet at Outdoor Adventures by 2:00PM (participants must be able to depart at this time) and drive to New River George National Park.
- After arriving at the park, we will set up our campsite and have some down time getting ready for climbing for the next couple days.

Saturday, October 12th – Monday, October 14th:

- Every morning, we will wake up, eat breakfast, and go climbing for the whole day trying different routes and testing our limit. We will make sure to take enough breaks between climbs, including the lunch break.
- At night we will return to our campsite to have dinner and some rest before the next day!

Sunday, March 31st:

- After waking up and breaking down our camp we will have enough time to climb our last routes before departing back to campus.
- 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 Web: 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.
- Camp Shoes: Crocs, Tevas, Keens, Chacos or similar sport sandals (must have straps), or sneakers. NO flip-flops!
- Shower shoes: to use them while taking a shower. Camp shoes can work
- Camp Socks: a clean pair that you have to change into and to keep your feet warm at night.
- *Climbing Shoes: no sandals of any kind while climbing

Upper Body

- Athletic shirt(s) that does not restrict movement (bring layers depending on the weather)
- Camp Shirt(s): 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

- Camp Pants: long pants for lounging around the campsite and to keep warm at night (lightweight material preferred)
- Underwear
- Athletic pants/shorts that do not restrict movement (bring layers depending on the weather)
- *Climbing Harness: if bringing your own it must be inspected prior to use
- *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)
- Toiletries: contacts/solution (bring an extra set), toothpaste, tooth brush, etc. (travel sizes are best)
- Hand sanitizer
- Insect repellent
- Small backpack or duffel bag: to keep your personal items/clothing in while traveling (nothing too big)
- Daypack: small backpack to carry extra layers, water, etc. during climbing
- Book/journal: for the vehicle or down time on the trip
- Travel pillow: travel size, not your bed pillow (optional)
- Shower towel: there will be showers at our campsite
- Money: food on the road and/or possible souvenirs—bring some money in cash
- *Headlamp: you must provide batteries!
- (3) AAA batteries: if borrowing one of our headlamps, you cannot forget these!
- Chalk Bag (optional)

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