

Pilot Mountain Rock Climbing

Pilot Mountain State Park, NC

Sunday, September 15th



Trip Description:

This Outdoor Adventures' classic brings us to Pilot Mountain for a day of rock climbing and testing our limits. We will climb a few different routes, moving around the climbing area throughout the day, with a break for lunch alongside the face of the mountain. No outdoor climbing experience is necessary, we will teach you all that you need to know!

Trip Cost: Student = \$25 (\$35 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, September 2nd

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, September 15th at Outdoor Adventures
- 2) We encourage you to attend a Belay Clinic at our climbing wall so you can belay while on the trip. This is not a requirement to participate, but recommended to get the full climbing experience! See our belay clinic schedule if you would like to register. The \$5 clinic fee is waived if you are registered for a climbing trip.

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, September 15th:

- Meet at Outdoor Adventures by 6:00AM (participants must be able to depart at this time).
- Arrive at Pilot Mountain, do some ground instruction, and begin climbing!
- Take a quick break for mountain-side lunch, and continue climbing some different routes before heading back to UNCG.
- 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.
- *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)
- *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)
- Daypack: small backpack to carry extra layers, water, etc. during the day
- Chalk Bag (optional)

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