

# Outdoor Adventures

## March Rock Climbing Day Trip

March 20<sup>th</sup> (1 day)

### Trip Disclosure

#### Trip Narrative

Have you ever wanted to try Rock Climbing? Whether you've been to a climbing gym or not, there's nothing quite like real rock under your finger tips. Join Outdoor Adventures for a day of climbing as we venture to John Bryan State Park in Western Ohio to scale the limestone cliffs carved by the Little Miami River. We'll leave in the morning, put in a full day of climbing, and return to Ann Arbor refreshed from a day of climbing outside.

#### Goals

Provide participants with a solid introduction to Midwest outdoor top-roped climbing. Learn BUS belay technique.

#### Activity Difficulty Assessment

No need to have had prior experience. Necessary skills will be taught before and during the trip. Enthusiasm, willingness to learn, and a fondness of nature are all you need! More experienced outdoors people are also welcome to freshen up on skills or just hang out with people with similar interests. Must be in good physical condition.

#### Environmental Hazards

Risks include, but are not limited to: thermoregulatory risks, including hypothermia; injuries related to hiking and backcountry camping including soft-tissue injuries, dislocated joints, strains, sprains, fractures, concussions, burns, cuts, and potentially death. . With proper preparation and following of guidelines, however, most of these risks can be minimized. Clothing and outerwear must be adequate and will be subject to inspection.

#### Participant Screening

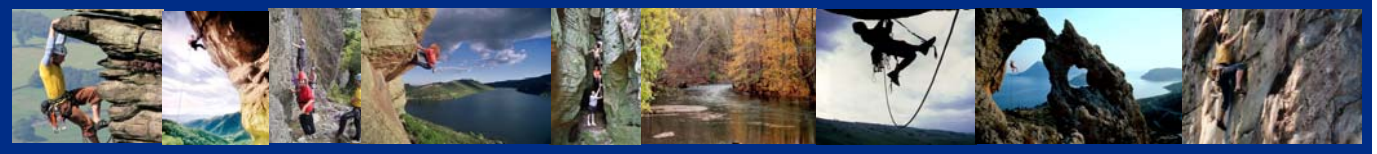
Participants are responsible for knowing their personal fitness levels and should determine their ability to participate on this program with their physician. Any concerns regarding your fitness level and general health should be addressed with your physician.

#### Trip Information

A. Trip Name:	March Climbing Day Trip
B. Trip Start Time & Location:	March 20 <sup>th</sup> at or before 8 am OA rental center
C. Trip End Time & Location:	March 20 <sup>th</sup> at or after 8 pm OA rental center
D. Trip Duration (days):	1 day
E. Minimum/Maximum Participants:	Min and Max 8
F. Pre Trip Meetings:	March 16 <sup>th</sup> , 7 pm at OA rental center
G. Early Price & Deadline:	\$60 until February 25 <sup>th</sup>
H. Regular Price & Deadline:	\$65 until March 12 <sup>th</sup>

#### Trip Price Includes

A. Lodging:	N/A
B. Transportation:	Vans to and from the park
C. Leaders:	TBD
D. Rentals:	25% discount on OA rental gear
E. Meals:	1 Lunches 1 Snack
F. Group Equipment:	Stoves, fuel, kitchen equipment (pots, pans, etc.), climbing gear



# Outdoor Adventures

## October Rock Climbing Day Trip

October 4<sup>th</sup> (1 day)

### Trip Disclosure

#### Expectations Of Participant

- All participants **MUST** attend the pre-trip meeting. The date, time and location of this meeting varies from trip to trip, and can be found at the OAC website.
- All participants **MUST** complete the OA medical information, trip waiver, and trip release forms
- Participants are expected to provide, at their own cost, all personal gear, including but not limited to: sleeping bags, backpacks, eating utensils, shoes, boots, mountain bike, and clothing suggested at the pre-trip meeting (waterproof layers, etc).
- All participants must adhere to Outdoor Adventures policies and procedures.
- All participants must attend a basic belay class/practice at MRock before trip

#### Trip Does NOT Include

*(Note: Other costs may arise for which the participant will be solely responsible).*

- Travel to/from parts B and C of trip information section
- Shots, immunizations, or other medical costs
- Taxes, entry fees, or other costs associated with entering or leaving a country
- Passport application or other document fees
- Personal rental items during the program (photos, videos, backpacks, climbing gear, mountain bike, wet suits, etc).
- Meals outside those specified in part E of trip price includes section
- Rentals - Participants are responsible for providing trip specific items such as a trail ready backpack, sleeping bag and pad tat are subject to a leader's inspection. All associated costs are participant's responsibility.

#### Resources

**Outdoor Adventures website:** OA Policies, Trip Itineraries, & Price Information  
<http://www.recsports.umich.edu/outdooradv/>

**U.S. State Department:** Passport Information, International Travel Information  
<http://state.gov/>

**Centers for Disease Control (CDC):** Information on recommended immunizations and precautions for international travel.  
<http://cdc.gov>