

Outdoor Adventures

April Rock Climbing
 April 2nd – 4th (3 days)
 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 as we venture to John Bryan State Park in Western Ohio to scale the limestone cliffs carved by the Little Miami River.

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

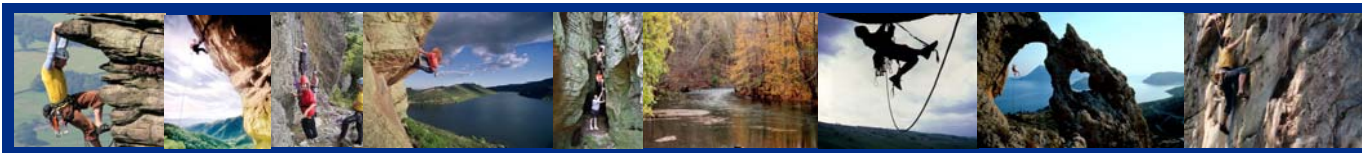
Participants are responsible for knowing their personal fitness levels and should determine their ability to participate on this program with their physician. Any concerns regarding your fitness level and general health should be addressed with your physician.

Trip Information

A. Trip Name:	April Rock Climbing
B. Trip Start Time & Location:	April 2 nd at or before 3 pm OA rental center
C. Trip End Time & Location:	April 4 th at or after 8 pm OA rental center
D. Trip Duration (days):	3 days
E. Minimum/Maximum Participants:	Min and Max 8
F. Pre Trip Meetings:	March 29 th , 7 pm at OA rental center
G. Early Price & Deadline:	\$125 until March 12 th
H. Regular Price & Deadline:	\$135 until March 26 th

Trip Price Includes

A. Lodging:	Front Country camping
B. Transportation:	Vans to and from the park
C. Leaders:	TBD
D. Rentals:	25% discount on OA rental gear
E. Meals:	2 Breakfasts 1 Lunches 1 Dinners
F. Group Equipment:	Tents, stoves, fuel, kitchen equipment (pots, pans, etc.), climbing gear



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April 2nd

Drive to John Bryan State Park at earliest time as schedules allow. Relatively short drive, so once arrive and establish camp go through trip and camping basics as well as difference between outdoor/indoor climbing, other basics.

April 3rd

Wake up and make breakfast, travel to top rope site, register and pick up permit. Review cliff safety and other precautions/rules. Commence climbing day with an easy lunch. Spend the day climbing, enjoying the outdoors, and hanging out with your fellow climbers. Head back to camp at sunset at latest. Enjoy creating and eating a well earned dinner back at camp, participate in some evening activities, and debrief the day.

April 4th

We'll wake up and make breakfast; then take down camp before leaving for the climbing site. We'll pick up our permit and register for our second day of climbing. We'll spend the rest of the day honing our climbing skills before packing up and heading back to Ann Arbor.

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>