



University
of San Diego

EXPERIENTIAL LEARNING & ADVENTURE CENTER

UC 136, 619-260-4709, www.sandiego.edu/explore

ROCK CLIMBING – Intro to Sport Climbing

DESCRIPTION:

Experience the excitement of stepping away from the horizontal world and onto the face of a vertical rock. It is an activity your body never feels completely at ease with, and that's exactly what makes it so addicting and fun. San Diego is strewn with thousands of large rock formations that has made San Diego a well-rounded climbing locale. Try out this sport for the first time, or challenge yourself at a new level.

BRIEF ITINERARY:

Meet at the Experiential Education & Adventure Center (previously known as Outdoor Programs) in UC 136, 8 a.m., Saturday, Nov. 14. Return to USD by 4 p.m.

COST:

\$35 for USD ID cardholders (students, faculty, staff, alumni)

\$45 for the general public

INCLUDES:

We provide all necessary group and personal rock climbing equipment, guides, instruction, and transportation.

FOOD:

Please pack your own lunch, snacks and water. We will eat lunch at the climbing site.

EQUIPMENT & CLOTHING:

No flip flops allowed! Bring close-toed shoes suitable for trail walking (recommended) or sport sandals with back straps (not as recommended). Bring clothes that are comfortable and appropriate for rock climbing (jeans not recommended) and a jacket or long-sleeve shirt to keep you warm (as it can get cool when breezy at the climbing site). Sunglasses and sunscreen recommended. Please bring a day pack to carry your personal items.

RISKS & HAZARDS:

There are a variety of risks and hazards associated with adventuring outdoors. General risks are listed on our liability waiver. Specific risks/hazards for this outing include: falling objects, scrapes and bruises from contact with rock, ankle injuries from hiking the trail (again, shoes are highly recommended), and extended exposure to the sun.

RULES OF CONDUCT & SAFETY POLICIES:

DRUGS AND ALCOHOL ARE PROHIBITED AT ANY TIME DURING THE TRIP. Appropriate footwear is required at all times, and you must always stay together. We ask that you respect and follow the safety instructions of the guides.

PHYSICAL ABILITY/PREREQUISITES:

Those with no experience, beginner and intermediate skills are welcome. Be prepared for a physically challenging workout. A steep 15 minute hike on a dirt/rock trail is required to reach the climbing site.

GROUP EXPERIENCE:

Plan on being a contributing member of a group. We share the work (i.e. loading and unloading the van, carrying climbing equipment, etc) equally as one group. If you are the independent type who prefers to do things alone this trip may not meet your needs or desires.