

# Ice Climbing Intro at Gooseberry Falls



**Sunday, February 8 or  
Saturday, February 14, 2009**

**9:00 am - 5:00 pm**

## HERE'S WHAT TO EXPECT:

Learn to climb on vertical ice in a beautiful, natural setting with friendly, safety-trained instructors in a supportive environment. Gooseberry Falls State Park is an ideal spot try ice climbing.

## WHERE:

We'll meet you at the Trailhead in the Sports and Health Center Lobby at 9:00 am. From there we'll drive to Gooseberry Falls State Park, about a 45 minute drive.

## WHAT TO WEAR:

- Warm Layers

Wear clothing that will keep you warm when we are standing around. Synthetic fleece and wool are warmest. Wear your clothes in layers. If you have a down jacket, bring it. Don't wear jeans unless you have synthetic long underwear underneath and a wind shell over the top. (**Warning:** pant legs may become snagged or ripped by crampons.)

- Warm hat that will fit under a helmet.
- Warm mittens (with a water resistant shell if possible)
- Wool socks (include a thin liner sock if you have one)
- Gaiters (nylon cuffs for your lower leg, if you have them)

## EQUIPMENT:

We provide harness, helmet, crampons, ice climbing boots, ice tools, ropes, ice screws, belay devices, carabiners, anchor materials and first aid kit.

Bring the following items in a small day pack that you can carry with you to the climbing area:

- filled water bottle
- sun glasses with strap
- a bag lunch and snacks
- thermos with hot tea or cocoa (optional)

## SIZING YOUR BOOTS BEFORE THE COURSE:

You must go to the RSOP Equipment Rental Center by Noon on February 6 to try on and size ice climbing boots. The Rental Center is down the hall from the Fitness Center Welcome Desk.

**COST:** \$45 UMD Students/\$65 Others  
Sign up by noon February 6 (or February 13 for the 14th)



## INFO & REGISTRATION:

RSOP Day Office:

153 Sports and Health Center  
(218) 726-7128  
rsop@d.umn.edu  
www.umdrsop.org