

Ice Climbing Afternoon Intro

Wednesday, February 4, 2009

3:00 - 6:00 pm



HERE'S WHAT TO EXPECT:

Learn to climb on a frozen waterfall with friendly, safety-trained instructors in a supportive environment.

WHERE:

We'll meet you at the Trailhead in the Sports and Health Center Lobby at **2:50 pm**. From there we'll take a van and/or car pool a short distance to a local ice climbing area.

COURSE INFORMATION:

We'll hike as a group from the van to the climbing area where we'll learn the basics of ice climbing. We'll climb with a top rope on icefalls and take turns belaying for each other.

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 or gloves (with a water resistant shell if possible)
- Wool socks (include a thin liner sock if you have one)
- Gaiters (snow cuffs for your ankles, if you have them)

EQUIPMENT:

Please bring a flashlight or headlamp.

We provide the following equipment:

- | | |
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| <input type="checkbox"/> harness | <input type="checkbox"/> helmet |
| <input type="checkbox"/> ice tools | <input type="checkbox"/> ice climbing boots |
| <input type="checkbox"/> anchor materials | <input type="checkbox"/> first aid kit |

SIZING YOUR BOOTS BEFORE THE COURSE:

You must go to the RSOP Equipment Rental Center by Noon on February 2 to try on and size ice climbing boots. The Rental Center is down the hall from the Fitness Center Welcome Desk.

COST: \$12 UMD Students/ \$20 Others
Register by Monday, February 2



INFO & REGISTRATION:

RSOP Day Office:

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