

Women's Ice Climbing

Sunday, February 21, 2010

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 women instructors in a supportive environment. Gooseberry Falls State Park is an ideal spot to try ice climbing.

WHERE:

We'll meet you at the Trailhead in the UMD Sports and Health Center Lobby at 9:00 am.

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 (water resistant shell if possible)
- Wool socks (include a thin liner sock if you have one)
- Gaiters (if you have them – to protect your pant legs)

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 (hot beverage in a thermos optional)



SIZING YOUR BOOTS BEFORE THE COURSE:

You must go to the RSOP Equipment Rental Center by Noon on February 19 to try on and size ice climbing boots.

COST: \$45 UMD Students/\$65 Others
Sign up by noon February 19

INFO & REGISTRATION:

RSOP Day Office:

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