

Group Instruction

Meet at either Rock and Snow/ Trapps/ Peterskill climbing location at 9:00am.

Size harnesses, helmets, rock shoes (personal climbing equipment can be brought by participants as well)

Check waivers and make sure everyone has enough food, water, clothing/footwear and a backpack for the day

Check medical conditions/medications for individual participants

Short approach hike to the climbing location go over climbing safety, belaying, lowering, voice commands, equipment storage, proper cliff etiquette and Front Country Leave No Trace Ethics

Climb different routes of varying difficulty till 12:00pm and transition to the top of the cliff for lunch and rappelling instruction

After lunch & rappelling, transition back to rock climbing routes of different grades and difficulty from 1:00pm till 4:00pm

Clean up climbing area at 4:00pm and hike back to vehicles to separate climbing equipment and exchange goodbyes.

