

Plan a Climbing Event with Us



UAZ Outdoor Recreation thanks you for considering climbing for your next event. Here are a few things to keep in mind when planning your visit.

How to Prepare

For the safety of the participants we ask that everyone wear closed-toed shoes. The challenge course involves mild activity, so you should wear comfortable clothing that is appropriate for a full range of body positions. Our challenge course is located outside so participants should plan to bring water, sunscreen and snacks.

TWO-HOUR PROGRAM OVERVIEW

15 MINUTES	Staff introduction Safety briefing
5 MINUTES	Introduction to climbing technique lessons
70 MINUTES	Climbing
30 MINUTES	Food and Gifts

All events are customizable depending on your group wants and needs.

The UAZ Climbing Center is open to all students, faculty and staff, as well as the general public. For pricing and reservations, email us at outdoorrec@arizona.edu or call at (520)621-8233.

What Not to Wear

Anything you don't want scratched, dented or dropped should be removed. We recommend removing hazardous accessories such as watches, glasses, scarves and any form of jewelry, dangling necklaces, earrings or rings as they can get caught and could cause injury.

Common Misconceptions

I can't climb because I'm afraid of heights.

Fear of heights is normal. Facing that fear is very rewarding for most climbers, as you don't have to go to the top.

You have to be in excellent shape to climb.

Climbing is mentally and physically challenging, but we have wall sections and routes suited to all abilities.



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rec.arizona.edu/outdoor