

INDOOR CLIMBING



Join University of Arizona Outdoor Recreation for an indoor climbing session that's all about trying something new and having a good time. Whether it's your first time on the wall or you're looking to build confidence, you'll learn the basics of climbing movement, belaying, and gym safety in a supportive, low-pressure environment. Expect a mix of challenge, laughs, and encouragement as you climb a variety of routes designed for all ability levels—no experience required, just a willingness to give it a go.

ITINERARY *Subject to change*

- Meet at Outdoor Recreation
- Drive to Rock Solid Gym
- Climb
- Head back to Outdoor Recreation

PACKING LIST

- Comfortable, Athletic, closed toe-shoes
- Wear clothes you are comfortable wearing a harness in
- Extra Clothing Layers
- Rain jacket
- Spending Money
- Day pack*
- 2 water bottles, 1 quart each
- Hat
- Sunscreen
- Personal lifesaving medication

** May be reserved from Outdoor Recreation at no additional cost.*

OUTDOOR PROVIDES

- Transportation
- Leadership and instruction
- All climbing specific gear
- Entrance fee to climbing gym

EXERTION LEVELS

