

INTRO TO CLIMBING



Step out of your comfort zone and onto the rock! Our Intro to Climbing program is the perfect launchpad for beginners eager to learn the ropes. With expert instruction, a supportive environment, and plenty of hands-on practice, you'll gain the skills and confidence to climb safely—and have a blast doing it. Whether you're chasing a new hobby or just looking for an unforgettable day outdoors, this is where the adventure begins!

ITINERARY (subject to change)

- Meet at Outdoor Recreation
- Drive to climbing site
- 5 minute initiative, a chance to give back to the natural areas around us
- Climb
- Head back to Outdoor Recreation

*For more information, contact Outdoor Recreation at outdoorrec@arizona.edu or (520) 621-8233

PACKING LIST

- Athletic shoes and socks
- Shorts or pants to climb in
- Shirt (long sleeve will provide extra warmth and/or sun protection)
- Wool/Fleece sweater or jacket
- 3 Water bottles (1 quart)
- Any personal lifesaving medication
- Sunscreen
- Climbing shoes and chalk*
- Day Pack*
- Camera (Optional)
- Lunch and snacks

*May be reserved from Outdoor Recreation at no additional cost

OUTDOOR PROVIDES

- Transportation
- Leadership and Instruction
- All trip-specific gear

EXERTION LEVELS

