

MICROADVENTURE: 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

