

# Basics of Canyoneering Windy Point



Learn the fundamentals of rapelling and canyoneering at the beautiful Windy Point, along the scenic Catalina Highway up to Mt. Lemmon.

Our skilled guides will lead the way, ensuring an unforgettable experience amidst ancient rocks and stunning city views. Get ready for an educational day filled with new experiences in a picture squesetting!

#### Itinerary

Subject to change

#### Day One:

- Meet at Outdoor Recreation (OR)
- Depart OR
- Arrive at Windy Point
- 5-minute initiative, a chance to give back to the natural areas around us
- Rappel off Windy Point
- Midday break for lunch
- Canyoneering
- Head back to OR

### PACKING LIST

- Hiking boots/shoes
- Sun/quickdry shirt
- Rain jacket
- Camera (optional)
- Water bottles (2 Liters)
- Any personal lifesaving medications
- Sunscreen
- Wool/fleece jacket
- Lunch and snacks
- \* May be reserved from Outdoor Recreation at no additional cost.

## OUTDOOR PROVIDES

- Transportation
- Leadership and instructionv
- All trip-specific gear
- Backpack
- Rappelling equipment

**EXERTION LEVELS** 

