



# Intro to Climbing Mount Lemmon



Climbing Magazine named Tucson the best city for rock climbing in the USA – come find out why! We will be climbing some of southern Arizona’s amazing granite walls in the Catalina Mountains on Mount Lemmon.

This trip is appropriate for people without previous outdoor climbing experience. Instruction will include use and care of equipment, safety systems and rock-climbing technique.

## Itinerary

Subject to change

### Day One:

- Meet at Outdoor Recreation (OR)
- Arrive at climbing area
- 5-minute initiative, a chance to give back to the natural areas around us
- Climb
- Lunch
- Head back to OR

## PACKING LIST

- Athletic shoes and socks
- Shorts or pants to climb in
- Shirt (long sleeves 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
- Climbing equipment

### EXERTION LEVELS

