Join us for a one-night Leave No Trace (LNT) course tailored for rock climbers. Led by experienced instructors, this hands-on experience equips participants with essential skills to minimize environmental impact while enjoying vertical pursuits. Learn proper waste disposal, respect delicate ecosystems, and become a steward of responsible outdoor recreation.

**Itinerary**  
*Subject to change*

**Day One:**  
- Meet at Outdoor Recreation  
- Drive up to Mount Lemmon  
- 5-minute initiative, a chance to give back to the natural areas around us  
- Climb  
- Eat lunch  
- Climb  
- Set up camp  
- Make dinner

**Day Two:**  
- Eat breakfast  
- Pack lunch  
- Drive to climbing location  
- Climb and lunch  
- Head back to Outdoor Recreation

**PACKING LIST**

- Hiking boots and camp shoes  
- Warm layers  
- Any personal lifesaving medication  
- Toiletry Items  
- 2 Water bottles (1 Liter)  
- Camera (optional)  
- Sunscreen, lip balm  
- Sun hat/wool hat and gloves  
- Sunglasses  
- Money for Meals En Route  
- Headlamp or small flashlight*  
- Daypack*

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

**OUTDOOR PROVIDES**

- Transportation  
- Climbing and camping equipment  
- Food while on site  
- Leadership and Instruction  
- Camping equipment (Tents, sleeping bags, sleeping pads)  
- All trip-specific gear

**EXERTION LEVELS**

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