



PRE-TRIP MEETING: _____ (date) @ 6 PM in the Peak Adventures office (PeakAdventures.org for map)

TRIP: Date of Trip: _____ (date) Meeting Place: **Peak Adventures office**

Meeting Time: 7AM Approx. Finish Time: 4PM

What to Bring:

- Day pack
- Sunscreen and lip balm
- Sunglasses
- Camera (optional)

Good to know:

- Cut fingernails
- Leave jewelry at home, especially rings

We will provide:

- All climbing equipment
- You may use personal climbing equipment (harness, shoes, etc.) at the discretion of the trip leader.

Important Information:

- There are **NO BATHROOM FACILITIES** at the climbing site.
- There is a short hike to the climbing site.
- There is poison oak in the area.

Alcohol and illegal drugs are prohibited on all Peak Adventures trips.

Refund Policy:

- Cancellations made less than two weeks (14 days) prior to the event are not refundable.
- There is a \$10.00 fee for all cancellations and transfers.
- Should Peak Adventures cancel a trip or a class, we will issue a credit or full refund. Reasons may include severe weather, road conditions, instructor illness, and participant numbers.

Clothes for Climbing:

*** The best performing outdoor materials are synthetic (rayon, polyester, nylon, fleece, spandex), wool and silk.**

- Durable, loose fitting (not baggy) clothing
- Dress in layers
- Windbreaker
- Sunglasses
- Hat
- Comfortable closed-toed hiking shoes (no flip-flops)
- Gloves for belaying (optional)
- Swimsuit (optional - weather dependant)
- **REMEMBER: NO COTTON, NO JEANS**

Food

- Water (2 liters minimum)
- Bring your own lunch, snacks and water

SUGGESTED TRAIL FOODS

- Sandwich
- Fruit (fresh or dried)
- Granola bar or energy bar
- Bagels with salami and cheese
- Trail mix
- Crackers and cheese