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Rock Climbing Itinerary

The following itinerary briefly outlines the *Introduction to Rock Climbing* program at Great Falls, VA.

Date: TBA

Location: Great Falls Park, VA.

Time: 9:45 am until 4:00 pm

Objectives: Instruction in basic rock climbing safety and technical skills,

Technical Skills covered:

- Essential rock climbing equipment
- Tying-in with Figure – 8 knots
- Belaying with a belay plate
- Basic climbing techniques
- Basic rappelling techniques



Basic Itinerary:

9:45 am – Arrive at Great Falls Park, VA – Climber's Parking Lot

Unload and assign equipment
Harnesses, Helmets and Shoes

10:15 am – Hike to climbing areas

10:45 am – Belay Techniques – Safe use of belay plate with student/instructor back-up.

11:15 am – Rock Climbing activities.

[LUNCH is eaten between climbs]

3:30 pm – Break down gear and return to parking lot.

4:00 pm – END

What to Bring:

A harness, shoes, helmet and all group climbing gear will be provided by **GO-AdventureSports**. Participants are responsible for their own personal gear, and should bring the items on the list below.

It is very important that participants have these items in order to ensure a safe and comfortable day for everyone!

- Signed liability waiver and medical form
- Water
- Food that will not spoil
- Comfortable clothing that is appropriate for time of year (hat, jacket, shorts, etc.)
- Sturdy, close-toed shoes
- Rain gear
- Small pack for your belongings