

## ROCK CLIMBING CAMP

This camp is for beginner and intermediate climbers who want to develop and improve rock climbing skills. Our highly trained staff will motivate you to increase confidence and challenge yourself while learning how to safely use climbing equipment, learning climbing techniques, and how to belay. Experience three outdoor climbing locations while making new friends and camping in Western Maryland on Wednesday night. Camp director is a certified rock-climbing instructor.

Camp will be held rain or shine; the schedule is subject to change with alternate activities. Fee includes transportation, supervision and activities.

Course number: 9245 / Fee \$245 per session / Ages 11-14  
Centennial Park South, Pavilion A (see tentative schedule below)  
Monday & Tuesday: 9am-5pm, Wednesday 8am-Thursday 5pm

<p><b>July 7-10 (801)</b> <b>July 21-24 (802)</b></p>
---

### TENTATIVE CAMP SCHEDULE

***Please note: This schedule is subject to change!***

Campers should check the schedule each morning to learn which supplies are needed for the day's activities.

**MONDAY:** Orientation / Group Initiatives / Climbing safety / Swimming at Roger Carter Recreation Center

**TUESDAY:** Outdoor climbing

**WEDNESDAY:** Outdoor climbing / Camp at Little Bennett Regional Park in Montgomery County

**THURSDAY:** Outdoor climbing

The recommended attire for the camp is a T-shirt, shorts, socks and shoes (bring a swimsuit and towel on Monday). Make sure the clothing is loose enough to allow lots of movement. In addition, please bring the following items in a daypack or small duffel bag:

- Full plastic water bottle (non-leaking)
- Non-perishable lunch (no peanut products)
- Sweatshirt and pants
- Windbreaker
- Hat
- Swimsuit (Monday only)
- Sunblock (Must have Summer Sunscreen Use form)

Please bring the following, in addition to the daily items above, in a duffel bag to the overnight trip. Space is limited, so please pack light and tight:

- T-shirt and shorts
- Flashlight
- Toiletries (in a zip-lock bag)
- Small towel
- Foam ground (sleeping) pad
- Light sleeping bag or blanket
- Spoon, fork, cup and bowl
- 1 trash bag
- Comfortable hiking shoes
- 2 large zip-lock bags

- Pillow

Shoes for climbing should fit snugly and be flat-sided (as little tread as possible) with rubber soles. Court shoes and skate shoes, as long as they fit snugly, are usually very good. (Climbing shoes can be rented from REI in College Park or Timonium.)

Eat a quality breakfast each morning. Bring a non-perishable lunch and a drink. Please do not bring any food that contains peanut products (other children may be allergic). Climbing takes a lot of energy, so you may want to bring some snack food. We will provide dinner on Wednesday and breakfast and lunch on Thursday. Please let the director know of any food allergies the camp staff should be aware of for your child.

**FORMS:**

Participant Information Form

Sunscreen Form

Medication Form