

Mountain Madness Enchanted Rock Climbing Trip Checklist

- Backpack, day pack, or book bag to carry your climbing equipment
- Water - Lots! 2 liters minimum. (Sugary and carbonated drinks cause dehydration.) During hot weather, freeze some water a day before class. (Remember, water expands when frozen, so leave room in the bottle for expansion.) Wrap ice water in a small towel and keep it shaded during the day. You'll have cold water to drink during the hottest part of the day and a cool towel to wrap around your neck
- Sack lunch - Any portable food that doesn't need refrigeration, such as fruit, sandwiches, trail mix, etc.
- Sun protection - sunscreen, hat, sunglasses, etc. Be careful with waterproof sunscreens. They may prevent normal perspiration and cause heat exhaustion.
- Hiking boots or athletic shoes. We will hike approximately 1 mile to our climbing site. The terrain requires appropriate footwear, so wear athletic shoes or hiking boots for the hike. (FYI – Climbing shoes. We normally wear our climbing shoes without socks. If you prefer to wear socks, please bring a pair of **thin** socks.)
- Appropriate clothing for climbing -- should be loose, comfortable and allow you to move freely: includes shorts (except running shorts), loose fitting pants, T-shirts, etc. Jeans are inappropriate for climbing; they restrict movement.
- Rain wear ... this is Texas
- Insect repellent (Just in case.)
- Camera. You'll want to remember this experience -- and exchange those killer climbing shots with your teammates.
- Plenty of attitude!

Itinerary

- Check in at appointed time
- Quick orientation and outfit climbers with gear
- Group hikes to ground school area and learns to belay
- Group hikes to climbing area.
- Brief demo and instruction on basic climbing technique
- Climb like maniacs
- Drop anchors and everyone hikes back to camp