Outdoor Recreation
Bouldering Day Trip
Saturday, November 10, 2018
7:00am to 8:00pm

Description:
• If you want to get some outdoor climbing experience but don’t have time for a full weekend trip, come on this day trip to Rumbling Bald, North Carolina. Enjoy the fresh mountain air and beautiful forest while improving your climbing skills in an awesome boulder field. All levels of experience are welcome.
• Outdoor Recreation provides transportation, climbing equipment (including bouldering pads and climbing shoes), and instruction.

Destination:
• We will be bouldering at the West Side boulders of Rumbling Bald near Lake Lure, North Carolina.

Deadlines and Cost:
• 12 spots are available—sign-ups begin August 23, 2018
• The trip will cost $30 per participant
• The last day to sign up is Monday, November 5, 2018
• The mandatory pre-trip meeting will take place at the Outdoor Recreation Rental Shop on Tuesday, November 6 —at 8:00 pm

Itinerary:
• Saturday, November 10, 2018
  o Meet at Outdoor Recreation office by 7:00 am
  o Arrive at Rumbling Bald approximately 10:30 am
  o Climb all day at the West Side boulders of Rumbling Bald
  o Leave Rumbling Bald at approximately 4:30 pm—arriving back in Columbia around 8:00 pm
  (subject to change)

What to Bring:
• Clothing:
  o Breathable layers for top/ Hiking shorts or other quick-drying synthetic bottoms
  o Waterproof shell/ Fleece jacket/ Closed-toed shoes that are comfortable
• Two liters of water
• Toiletries and Medications:
  o Inhaler, epi-pen, prescription medications, etc, feminine hygiene, sunscreen
• Snacks/Lunch (Because this is a day trip, Outdoor Recreation will not be providing meals)
  o Suggestions include: Granola/energy bars, bagels, tortillas, pita bread, nuts and seeds (without shells), peanut butter, jelly, honey, humus, tuna, pepperoni, jerky, dried meats, hard cheese, fresh fruit/vegetables (apples, carrots, etc.), dried fruit, raisins, apple chips, etc., trail mix
  o Bring money in case we stop for a small meal on the way home

For more information, please contact:
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  o 803-777-2072