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Climbing Trips and Climbing Classes Introductory Information Packet



In the following packet, you will find information describing our scheduled and private climbing trips, as well as our climbing classes. You will also find our pricing structure, a sample packing list, as well as our liability form and medical information form. Further details can be obtained on our website at www.ascentadventure.com, by sending an email to ascent@ascentadventure.com, or by calling 877-254-4617.

The following is true about all of Ascent Adventure Consultants Trips

- All technical equipment necessary for a successful ascent is provided free of charge
- All of Ascent Adventure Consultants climbing trips and programs are guided/taught by professional guides
- All of Ascent Adventure Consultants guides are medically trained
- Transportation (car-pooling) is available based on location

Our Mission

By offering professionally guided climbing trips and courses, and through our adventure based team building and leadership development programs, we strive to impact the lives of individuals and businesses in a way that brings about lasting change, by creating the opportunity for them to have an incredible experience and accomplish seemingly unreachable goals. We are committed to guiding every individual on an incredible adventure and to equipping every business with the tools it needs to achieve its goals.



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Scheduled Climbing Trips

Our climbing trips are designed to give people the opportunity to accomplish a maximum amount of climbing in a day. These trips are designed with the following objectives in mind:

- For beginners, to introduce them to the sport of rock climbing. If you do not have any experience and want to try climbing outdoors, signing up for a scheduled day trip or weekend trip is the right choice for you.
- For people who have experience, to provide them with climbing routes that challenge them.
- To teach movement techniques to help ascend the rock
- To teach mental techniques to help build confidence and confront fears while on the rock

Our scheduled climbing trips are not designed to teach rope work, anchor building, equipment management, belaying, or rappelling. Our climbing classes focus on hard-skills such as those mentioned, while our climbing trips focus on climbing.

Cost: Costs varies, but typically the cost is \$170.00 per day as a base rate to work off of.



Private Climbing Trips

Our Private Rock Climbing Instruction and Ice Climbing Instruction program gives you the opportunity to hire our professional guides for either yourself, a group of business associates, a group of friends, or your family, to lead you on a customized climbing trip of your choosing. The possibilities are truly endless. You pick the type of climbing, you pick the place, you hire the guide...we plan the trip, take care of all the details, and guide the trip for you! All instruction and equipment is provided.

Types and Base Prices* of Private Rock Climbing Instruction Available

Top Rope Climbing (Rock and Ice Climbing)

1 Person: \$220 Full Day, \$180 Half Day

2-6 People: \$60 Per Additional Person (Full and Half Day)

7+ People: \$90 Per Person Full Day, \$70 Per Person Half Day

Multi-Pitch Climbing**

1 Person: \$250 Full Day, \$190 Half Day

2 People: \$190 Full Day, \$160 Half Day

3 People: \$150 Full Day, \$120 Half Day

Aid Climbing

1+ People: \$350.00 Full Day, \$290 Half Day

Ice Climbing (Multi-Pitch)

1 Person: \$275 Full Day, \$215 Half Day

2 People: \$210 Full Day, \$180 Half Day

3 People: \$175 Full Day, \$145 Half Day

Alpine Climbing/Mountaineering

Due to the complexity and variety of alpine climbing and mountaineering trips, these prices will be customized upon discussion and review with Ascent Adventure Consultants Staff. The estimated base price cost per person per day for this type of course can range from \$350-\$1000, which is why prices will be determined on a per trip basis.

*Base price for rock climbing instruction and ice climbing instruction does not include the cost of equipment rental outside of what Ascent provides (which is a rare situation), airfare, or lodging. These costs, if applicable, will be determined on a per client basis

**For Multi-Pitch climbing, the maximum group size is 3. For groups of 4 or more, the group will be divided and guided at the above rates.



Climb Outside Climbing Classes

Gym climbers, and people who have been climbing outside several times usually transition into a desire to climb outdoors on their own. Often one of the biggest challenges that people face when they have a desire to begin climbing outside on their own is that they don't know where to begin, and they don't have the proper skills and technique.

Our Climb Outside Classes are:

- Designed to provide the knowledge and technical skills needed to pursue a lifetime of climbing outdoors.
- 2 Day Class
- Held at a local crag
- Camping on Saturday night
- Class begins at 8:00am and finishes at 5:00pm each day.
- Day 1 is a hands-on class format in which the necessary skills and techniques are taught and reviewed
- Day 2 is spent putting all of the skills and techniques learned on day 1 into practice.

Topics covered include

- Route selection
- Anchor building
- Knot tying
- Rope management
- Rappelling
- Rescue techniques

Cost: \$350.00



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Trad Climbing Classes

Our Trad Climbing Classes are advanced classes that prepare people (who have had a significant amount of outdoor climbing experience) for venturing into lead climbing.

The class is a 2 day class and is broken down in the following manner

- Held at a local crag
- Camping on Saturday night
- Class begins at 8:00am and finishes at 5:00pm each day.

Day 1

The focus of these four lessons is to give you the tools to make the transition from top rope climbing outdoors to leading traditional rock climbs. You will learn the skills to minimize the risks for several activities:

- Selecting the route
- Choosing the gear for the route (nuts, cams, tri-cams, and more)
- Placing the protection on route
- Setting a belay with a multi-point anchor
- Protecting the second

Day 2

The focus of these three lessons is to give you the skills to handle the risks while on a trad climbing route. The focus is on becoming comfortable with falling on your own trad gear placements, in a controlled environment. Experience is the best teacher.

- Evaluating risk as you climb
- Keeping your focus on a trad climb
- Gaining experience by learning to feel comfortable with falling on your own trad gear placements

Cost: \$380.00



Liability Waiver

PARTICIPANT AGREEMENT, RELEASE AND ASSUMPTION OF RISK

In consideration of the services of Ascent Adventure Consultants, LLC, their agents, owners, officers, volunteers, participants, employees, and all other persons or entities acting in any capacity on their behalf (hereinafter collectively referred to as "AAC"), I hereby agree to release, indemnify, and discharge AAC, on behalf of myself, my spouse, my children, my parents, my heirs, assigns, personal representative and estate as follows:

1. I acknowledge that ropes course activities, hiking and rock climbing entails known and unanticipated risks that could result in physical or emotional injury, paralysis, death, or damage to myself, to property, or to third parties. I understand that such risks simply cannot be eliminated without jeopardizing the essential qualities of the activity.

The risks include, among other things: Slipping and falling; falling objects; water hazards and accidental drowning; exhaustion; exposure to temperature and weather extremes which could cause hypothermia, hyperthermia (heat related illnesses), heat exhaustion), sunburn, dehydration; and exposure to potentially dangerous wild animals, insect bites, and hazardous plant life; equipment failure; accidents or illness can occur in remote places without medical facilities and emergency treatment or other services rendered; consumption of food or drink; and improper lifting or carrying.

Furthermore, AAC employees have difficult jobs to perform. They seek safety, but they are not infallible. They might be unaware of a participant's fitness or abilities. They might misjudge the weather or other environmental conditions. They may give incomplete warnings or instructions, and the equipment being used might malfunction.

2. I expressly agree and promise to accept and assume all of the risks existing in this activity. My participation in this activity is purely voluntary, and I elect to participate in spite of the risks.
3. I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless AAC from any and all claims, demands, or causes of action, which are in any way connected with my participation in this activity or my use of AAC's equipment or facilities, **including any such claims which allege negligent acts or omissions of AAC.**
4. Should AAC or anyone acting on their behalf, be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs.
5. I certify that I have adequate insurance to cover any injury or damage I may cause or suffer while participating, or else I agree to bear the costs of such injury or damage myself. I further certify that I am willing to assume the risk of any medical or physical condition I may have.
6. In the event that I file a lawsuit against AAC, I agree to do so solely in the state of North Carolina, and I further agree that the substantive law of North Carolina shall apply in that action without regard to the conflict of law rules of that state. I agree that if any portion of this agreement is found to be void or unenforceable, the remaining document shall remain in full force and effect.

By signing this document, I acknowledge that if anyone is hurt or property is damaged during my participation in this activity, I may be found by a court of law to have waived my right to maintain a lawsuit against AAC on the basis of any claim from which I have released them herein.

I have had sufficient opportunity to read this entire document. I have read and understood it, and I agree to be bound by its terms.

Signature of Participant _____ Print Name _____

Address _____

Phone _____ Date _____

PARENT'S OR GUARDIAN'S ADDITIONAL INDEMNIFICATION (Must be completed for participants under the age of 18)

In consideration of _____ (print minor's name) (print minor's name) ("Minor") being permitted by AAC to participate in its activities and to use its equipment and facilities, I further agree to indemnify and hold harmless AAC from any and all claims which are brought by, or on behalf of Minor, and which are in any way connected with such use or participation by Minor.

Parent or Guardian: _____ Print Name: _____ Date: _____



Registration and Medical Information Form

Date: _____

Name: _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Home Phone: _____ **Work Phone:** _____

Email Address: _____

Date of Birth: _____ **Sex:** Male Female

Emergency Contact:

Name: _____

Phone: _____ **Relationship:** _____

Do you have any medical conditions? Yes No

If so, please explain:

Do you have any allergies? Yes No

If so, please explain:

Are you taking any medication? Yes No

If so, please explain:

Do you have any dietary restrictions? Yes No

If so, please explain:

Do you carry any medical insurance? Yes No

If so, please provide the following insurance information:

Insurance Provider: _____

Policyholder: _____ Relation to self: _____

Describe your current physical fitness and level of activity:

I certify that the above information is accurate and true to the best of my knowledge.

Print Name: _____ Signature: _____



Packing List for Single Day Climbing Trips

Equipment Provided by Ascent Adventure Consultants LLC

- Harness
- Climbing Shoes
- Climbing Ropes
- Belay Devices
- Helmets
- Chalk Bags
- Chalk
- Carabiners
- Safety Equipment/Protection
- Anchor Building Equipment
- Maps
- First Aid Kit
- Tents

Clothing

- If you are able, wearing clothing made of synthetic material (non-cotton) is recommended. This is because cotton absorbs water/sweat and aside from it causing discomfort, can lead to hypothermia (in cold weather) and restricted movement from heavy clothes.
- In most cases with single day climbing trips, wearing cotton clothes is fine if you do not have any synthetic clothes. If it is imperative that you wear non-cotton clothes, we will inform you.
- Some of these clothing items are season-dependent.



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- Depending on the season, shorts or pants that are made of a synthetic material.
- Sneakers or boots that are good for hiking and preferably give good ankle support
- Jacket
- Fleece or sweatshirt
- Hat
- Gloves
- Insulating pants (depending on season)

Food

- Most single day climbing trip depart at 6am and return by 10pm
- Breakfast is usually eaten en-route, and dinner is also eaten en-route on the return trip home. It is up to each person if you choose to pack breakfast/dinner. You will have the option to buy breakfast and dinner if you choose.
- It is necessary for each person to pack a lunch and snacks.
- Snack ideas
 - Fruit (dried or whole)
 - Nuts
 - Trailmix
 - 2 Power Bars (or similar)
 - Energy Drink
 - Beef/Turkey Jerky
- Lunch Ideas
 - Bagel
 - Packaged Tuna
 - Sandwich
 - Pita and Hummus
 - If you have a backpacking stove, you are welcome to cook your own lunch if that is what you prefer, though it is time consuming..



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- Water
 - Each person should have at minimum 2 liters of water. On a hot day, 4 liters is recommended.

Miscellaneous (optional items)

- Bug Spray
- Sun Screen
- Camera
- Packable Chair
- Book
- Personal toiletry items
- Flashlight/headlamp



Packing List for Multi Day Climbing Trips

In addition to the above items, here are a list of additional items for you to pack for a multi-day trip

Clothing:

- Clean pair of socks per day
- Clean pair of underwear per day
- Clean shirt per day
- Extra pants/shorts
- Jacket (this is a must since weather can change over several days)
- Sandals or comfortable shoes for wearing around camp
- Comfortable pants/shirt for wearing around camp

Food

- Some of our climbing trips will have dinner included. Refer to your trip information to determine whether or not dinner will be your responsibility.
- This list is IN ADDITION TO the food packing list above.
- Breakfast, lunch, and dinner are eaten "on the trail"
- Pack items that can last days without being refrigerated
- For multi-day trips, stoves will be provided, or you can bring your own stove
- Breakfast
 - Instant oatmeal
 - Coffee
 - Breakfast Bars
 - Bagels



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- Lunch
 - Same as above
- Dinner
 - Check out <http://www.outdoorhighadventure.com/recipes.htm> for some creative ideas
 - Pre packaged dehydrated meals are available in some outdoor doors
 - Pasta

Miscellaneous

- In addition to items listed above
- Sleeping Bag
- Sleeping pad
- Any overnight toiletry items (glasses, contact supplies, toothbrush, deoderant, etc.)
- Small towel
- Toilet paper (rolled up in a baggie)
- Mess-kit for eating