

Rock Climbing Packet

Thank you for booking a trip with Granite Arches. We have worked hard to keep paperwork to a minimum. Please complete the form and review the equipment suggestions on the last page. Return forms to us via Fax, E-mail, or snail mail.

General Information

Your Name: _____

Address: _____

Home Phone: _____ Cell Phone: _____

E-mail: _____ How many in your group? _____

Location of climbing activity: _____ Date/s of climbing: _____

Your goals for this outing: _____

Your relevant experience: _____

Circle equipment that will **NOT** be bringing: Helmet Shoes Harness Backpack

What is your waist size? _____ What is your **street** shoe size? _____ What is your age? _____

Deposit Date	Method (Circle One)	Amount
	Bank Transfer---Mailed Check-----VISA/MC-----Paypal Transfer	

Emergency Contact: _____ Phone: _____

Mail:
 Granite Arches
 1612 Lancelot Lane
 Winston-Salem NC 27103

FAX
 360-838-1056

Email:
climb@granitearches.com

For GACS USE ONLY: Course:	Routes:	Progress:
Date	Bank Transfer	Mailed Check
	Paypal CC	Paypal TX
		Bal

What to Bring/Equipment List

The following are some recommended items to bring with you for a rock climbing outing in the southeast with Granite Arches *in the summer*. This list is not exhaustive, but includes some useful items to bring. This list may seem fairly extensive to those with less outdoor experience or equipment. However, we can bring any items you do not have if you let us know in advance.

General Clothing Tips

- Avoid cotton and wear comfortable clothing
- Try to avoid excessive bulk.
- Leave jewelry behind
- Plan on wearing long hair 'up.'
- Shorts may be OK in the summertime, but always bring an additional layer to cover the legs (see long underwear, below). The mountains in the southeastern and central U.S. are often surprisingly chilly. For example, thunderstorms deliver cold upper-atmospheric air during the warmer months.

Clothing

- A base layer of shorts or pants and shirt to wear during the day.*
(If you are planning on wearing a cotton T-shirt, consider bringing an extra dry one for wearing after the 'approach.'
- An additional layer for both top and bottom.*
This may mean a long-sleeve shirt or long underwear top (if you wore a T-shirt) or long underwear bottoms (if you wore shorts). Because mornings are often colder than the rest of the day, you may consider wearing your long underwear covered by your shorts. If you bring a T-shirt, the long underwear top can cover your T-shirt until the temperature warms up.
- Consider an additional insulating top.*
"Polar fleece" works well for this. So does acrylic and wool (e.g. acrylic sweatshirts or sweaters).
- Rain gear or a "shell" of some type.*
Try to bring garments that are waterproof, not water-resistant. We don't plan on climbing in the rain, but in some locations, it takes a while to hike/climb out, and wetness = cold body temperatures even when the air feels warm! In fact, lethal hypothermia is most common when the air temperature is in the 50s.
- Winter/Fall/Early Spring:** Add gloves, spare socks, warm hat, and an additional top insulating layer.

Other

- Medium size backpack (3-4,000 cubic inches).*
This will allow you to carry your gear and also additional group gear if necessary. If you don't have a backpack, **let us know**, and we will bring one for you.
- Camera and film (optional)*
- Bugspray and Sunscreen*
(Bugspray: consider one with DEET especially in March, April, May; Sunscreen of SPF 30-45 recommended).
- Sunglasses*
(we recommend sunglasses with UV protection)
- Any and all paperwork or fees not yet returned or delivered to Granite Arches.*
- Toilet paper*
- Several Band-Aids*
- At least two liters of water per day per person.*
(You do NOT need to buy a fancy bottle. 1-liter Gatorade bottles are superior to most commercial water bottles anyway.)
- Sturdy shoes or boots for hiking.*
- Any climbing gear you have and may want to bring*
(Please let us know what you are bringing so that we do not duplicate it).
- Food for the climbing day.*
(Try not to choose food that requires preparation. It is better to bring food that you can snack on throughout the day with ease).
- Any medications you may need.*