



Jumonville

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What You Need to Know for Rock Climbing Activities

What to Expect:

Ready for the thrill of adventure? How about a day on real rocks with none of that indoor stuff! Time to test your skill as try your hand at rock climbing and rappelling. You will wear a seat harness and a helmet and will be tied into a belay (safety) system as you climb different sections of rock ranging from relatively easy to very hard. You will learn basic climbing techniques and push the limits of what you really thought you could do. You will also find your self cheering on the other climbers and encouraging the entire group's success.

What not to Worry About:

No need to worry about falling and getting hurt. In our rock climbing program at Jumonville we use a system of top rope climbing where the rope goes from the ground up to the top of the rock to a solid anchor point and back to the ground where you will be tied directly into the rope. As you climb, your belay team will take up the slack in the rope. When you fall (and everybody learns to fall) you discover that you only fall a very, very short distance which is the stretch in the rope. Rock climbing is very safe as long as everyone follows the directions of the leaders. Thousands of Jumonville campers have done this before you and have all lived to tell about their own day of adventures on the rocks.

What to Wear:

Make sure your clothes allow for easy movement but that are not too baggy. Also make sure that shorts are not too short. Tennis shoes or boots work best and open toed shoes are not allowed. We will be out in the fresh mountain air so make sure to dress for the weather.

What to Bring:

Depending on the season of the year, you may want to bring an extra layer of clothes. It is always easier to shed one layer than to be too cold. Drinking water is highly desirable. Bring your sense of adventure and a willingness to give it your "best effort." You might just want to bring a camera or your friends and parents may never believe what you just accomplished.

What We Need to Know:

While we do not require a medical information form, we do need to know if any of the following conditions are present in your group: elevated blood pressure, any heart condition, seizure disorders, asthma, allergies serious enough to cause anaphylaxis, wounds, and/or orthopedic anomalies.

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