



# Cosumnes River Gorge

Participant Trip Packet



# ROCK CLIMBING COSUMNES

This is a full day of rock climbing at the Cosumnes River Gorge. Due to the many options that this location provides, it is ideal for beginners who are looking to learn about this exhilarating sport, as well as, more experienced climbers.

<b>AREA DESCRIPTION</b>	The North Fork of the Cosumnes River carves a spectacular gorge between steep walled domes of granite. Providing year round climbing opportunities.
<b>ONLINE RESOURCES</b>	<a href="#">Cosumnes River Gorge Mtn Proj</a>
<b>DRIVING TIME</b>	<b>1 hours 30 minutes</b>
<b>MEDICAL CONCERNS</b>	To assist Outdoor Adventures staff in providing the most safe and inclusive experience possible, please alert us of any medical (including allergy) concerns that you may have by emailing <a href="mailto:oaland@ucdavis.edu">oaland@ucdavis.edu</a> .
<b>ACCOMMODATIONS</b>	Outdoor Adventures is committed to creating a space where people of all abilities can enjoy our programs. If you require any accommodations to allow you to enjoy our outdoor adventure experiences, please contact us at <a href="mailto:oaland@ucdavis.edu">oaland@ucdavis.edu</a> and we will try our best to help. Due to our trips being in wilderness locations, we may not be able to accommodate all participant needs.

# BASIC CLIMBING TRIP ITINERARY

7:00am	Meet at Outdoor Adventures
	Opening Circle
	Leave OA
	Arrive at CRG
5:00pm	Arrive back in Davis

\*while we aim to be back in Davis by 5pm, factors such as traffic, and multiple stops can delay our arrival time.

## FOOD CONSIDERATIONS

**Outdoor Adventures does NOT provide food on any of our day trips.** We recommend that participants bring a hearty lunch and plenty of snacks. Refrigeration is not available during the hike, so please plan accordingly. We also recommend that participants bring a small backpack to carry their lunch, snacks, water and other personal items. Outdoor Adventures has day packs available for rent at our Rental Center. If you plan to rent, please make sure to make your reservation before the day of your trip. The Rental Center is not open on the weekend.

# PACKING LIST

## CLOTHING

### Feet

- Synthetic or wool socks
- Hiking boots or athletic shoes

### Lower Body

- Hiking pants, Yoga Pants or Light weight shorts

### Upper Body

- T-shirt (synthetic materials are best)
- Mid weight fleece jacket (if weather necessitates)
- Rain Jacket or Poncho (if weather necessitates)
- Sun Hat
- Sun Glasses

## MISCELLANEOUS

- Water Bottle(s) (Reusable preferred)
- Medications
- Sunscreen
- Lunch/Snacks

## DO NOT BRING

- Cotton clothing (If possible. This includes jeans.)
- Drones
- Weapons including knives and hatchets
- Drugs or alcohol

## OUTDOOR ADVENTURES PROVIDES

- ★ All necessary climbing equipment
- ★ First Aid Kit
- ★ Satellite Communication Device

# CONDUCT

All Outdoor Adventures participants are expected to follow our rules of conduct while on a trip. Participants who do not follow these rules could be removed from the activity. Participants who are removed from a trip will not receive a refund.

1. Participants are expected to arrive to the meeting location (typically Outdoor Adventures Lodge) prepared and on time.
  - a. Participants who are more than 30 minutes late will be considered a “no show”.
2. Drugs and alcohol are strictly prohibited on Outdoor Adventures trips. This is a zero tolerance policy.
3. Participants must follow all instructions communicated by Outdoor Adventures guide staff.
4. Participants must treat guide staff and other participants with respect and refrain from using language that could cause emotional harm.
  - a. This includes speech which could be considered racist, sexist, homophobic, anti-semitic, or bullying.
5. Participants must stay with the group at all times, or tell their guides if they are going somewhere alone.
  - a. There are very few times when participants will be allowed to travel alone. This is a safety measure.
6. Participants are expected to act in the best interest of the group as a whole, never causing unnecessary risk to themselves or others.

# ROCK CLIMBING

## Informed Consent

Rock Climbing has inherent risks which may cause injury. Below is a list of these risks, ways to avoid them, and possible treatment if injury does occur.

Risks	Prevention	Solution/Treatment
Strains, sprains, or broken bones	Wear properly fitted personal protective equipment including harness and climbing shoes. Always follow the direction of our guide staff. Approach climbing site slowly taking care to watch your step.	Inform guide staff of injury for assistance. Guide staff may provide 1st aid, or recommend evacuation if injury is more severe.
Blisters, hot spots, soreness	Wear properly fitted footwear and clean socks.	Inform guide staff of discomfort. Guide staff may provide 1st aid treatment.
Sore muscles	Stretch before and after activity and drink plenty of water.	Inform staff of discomfort for assistance.
Dehydration	Drink plenty of water. Bring multiple water bottles. Alert guide staff when water bottles are getting close to empty.	Rest and slowly drink water, preferably in the shade. Inform guide staff as soon as symptoms are present.
Scrapes and cuts	Wear clothing that covers arms and legs that allow for a lot of movement. Approach climbing site slowly taking care to watch your step. Always wear helmet.	Inform your guide of any scrapes or cuts. Guides will apply appropriate first aid.
Sunburn	Bring plenty of sunblock on your trip and reapply regularly. Wear lightweight clothes and hats to reduce exposure to the sun.	Wear clothing that covers your arms and legs to prevent further burn. Apply aloe lotion or other topical treatment. Stay out of the sun for extended periods of time. Alert your guides.
Death or serious injury	Listen to guide staff. Notify staff of any physical or emotional concerns. Follow safety instructions.	

