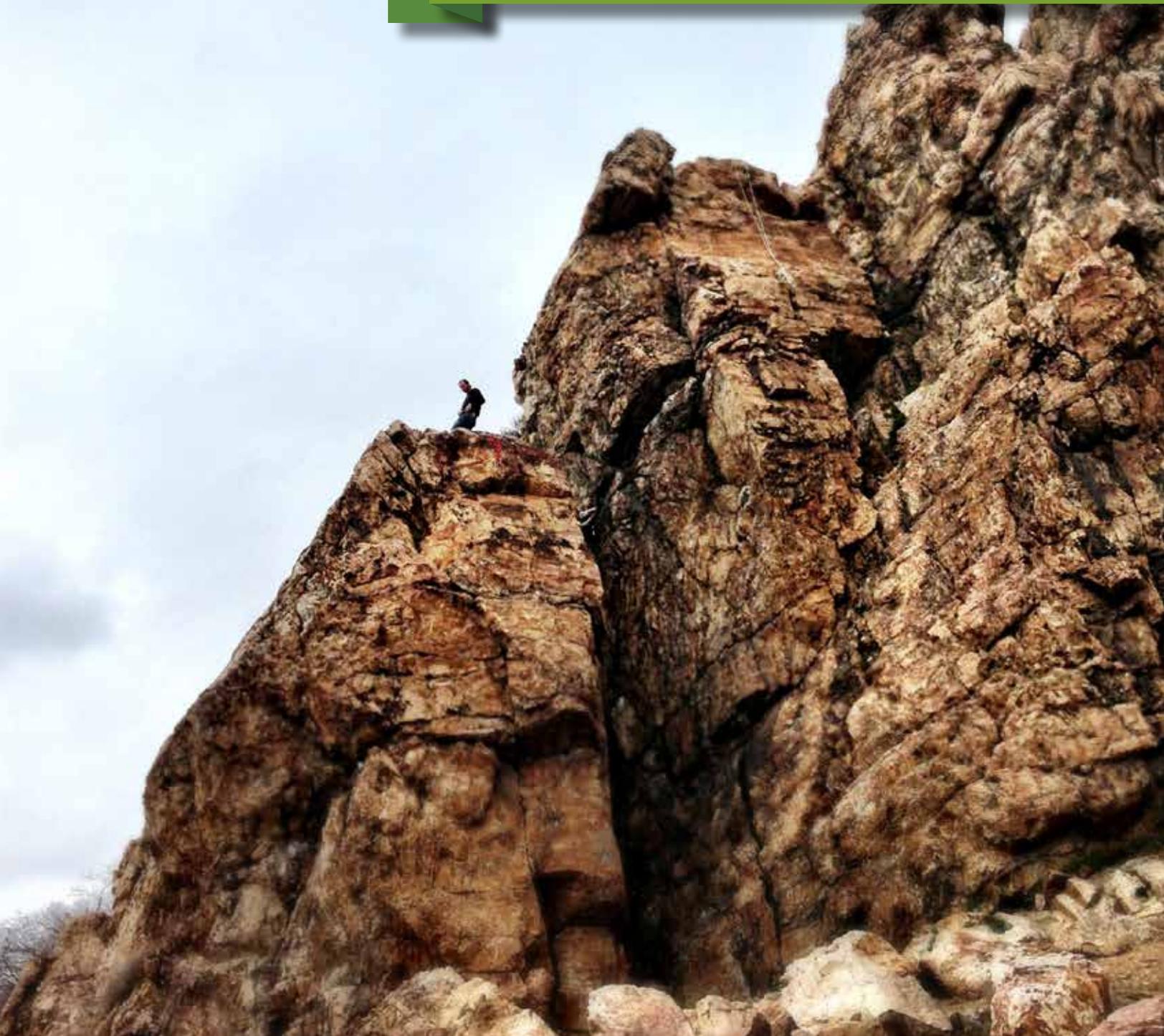




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**OUTDOOR CLIMBING ADVENTURE PACKET**





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# ROCK CLIMBING

## HISTORY OF ROCK CLIMBING

The history of rock climbing dates back to the late 19th century. Rock climbing was originally seen as a part of mountaineering; mountaineers indulged in rock climbing as a part of their preparation for a climbing expedition. By the 1920's, rock climbing on its own started gaining a foothold in the United States. Two traditional climbing methods are aid climbing and free climbing. Aid climbing involves the use of climbing equipment whereas free climbing depends only on the ability, skill, and physical strength of the climber. During the early days, free climbing was the only method of rock climbing. Early explorers used climbing equipment only if they were unable to advance beyond a hard move.

Rock climbing was declared a sport only recently. With growing interest in the sport, climbers chose to do harder free routes and harder individual moves. Development of climbing as a sport resulted in the invention of new safety gear to ensure the safety of the climbers. With the introduction of indoor climbing gyms, rock climbing techniques can now be practiced without venturing into the outdoors, thus making rock climbing that much more accessible to the average person.

## EQUIPMENT

Below is some the equipment that will be used on your climbing trip. Splore requires everyone to use Splore's rock climbing equipment with the exception of climbing shoes.

- **Harness:** A harness is a system used for connecting the rope to the climber. Harnesses are worn around the pelvis and hips, although we occasionally use chest harnesses for those who need more trunk stability. There is a loop at the front of the harness where the climber ties into the rope using a figure-eight knot.
- **Helmet:** The climbing helmet is utilized during outdoor climbing and primarily protects the skull against falling debris (such as rocks or dropped pieces of equipment) and impact forces during a fall.
- **Shoes:** Specifically designed foot wear is recommended for climbing. To increase the grip of the foot on a climbing wall or rock face due to friction, the shoe is covered with a vulcanized rubber layer. Usually, shoes are only a few millimeters thick and fit very snugly around the foot.
- **Carabiner:** Carabiners are metal loops with spring-loaded gates (openings), used as connectors for anchors and belay devices. Once made primarily from steel, almost all carabiners for recreational climbing are made from a lightweight aluminum alloy.
- **Belay Device:** Belay devices are mechanical friction brake devices used to control a rope when belaying. Their main purpose is to allow the rope to be locked off with minimal effort to arrest a climber's fall.



# ADVENTURE LOCATIONS

Spend the day climbing in some of Utah's most beautiful spots. With multiple scenic locations to choose from, we will customize an adventure to fit your group's needs.

## BIG COTTONWOOD CANYON

Big Cottonwood Canyon is in the Wasatch Range southeast of Salt Lake City. It is a 15 mile long canyon and is home to two ski resorts, Brighton and Solitude. During the summer months, visitors enjoy hiking, biking, picnicking, rock climbing, camping and fishing. The canyon is a part of the Salt Lake City watershed which provides drinking water for the Wasatch Front, therefore there are no dogs allowed, nor swimming or bathing in any of the canyon's waterways. Since the lower half of the canyon was formed by Big Cottonwood Creek, the V-shaped canyon has many impressive rock forms where you'll have the opportunity to climb.

## LITTLE COTTONWOOD CANYON

Little Cottonwood Canyon lies just south of Big Cottonwood Canyon along the eastern edge of the Salt Lake Valley. The canyon is a glacial trough, or U-shaped canyon, carved by an alpine glacier during the last ice age, 15,000 to 25,000 years ago. Little Cottonwood Canyon is home to two ski resorts, Alta and Snowbird and also provides a wide array of summer recreation opportunities. The lower third of the canyon is strewn with quartz monzonite outcroppings, mostly consisting of smooth steep faces, some up to several hundred feet high. Local climbers informally refer to the rock as granite, which is a close relative of quartz monzonite.

## FERGUSON CANYON

Ferguson Canyon is a small canyon whose mouth is immediately south of Big Cottonwood Canyon. It is a popular destination for hikers and climbers and features granite rock similar to Little Cottonwood Canyon.

## PETE'S ROCK (Mt. Olympus Trailhead)

Pete's Rock is a quartzite slab of rock located right off of Wasatch Boulevard at the base of Mt. Olympus. At some 80 feet high, the rock has been a popular destination for climbers since the 1940s. Its namesake, O'Dell "Pete" Petersen and his wife, Edith, were members of the Wasatch Mountain Club and organized weekly climbing events at the rock.



# SAMPLE ITINERARY

- You will meet the Splore guides at your trip location.
- Once everyone has arrived, we will start our trip with an opening circle in which we get to know everyone's names and goals for the day.
- After introductions, we will provide a safety briefing, in which we lay down some general rules to keep the group safe and how to properly use the gear. Then we will pass out gear and make sure everyone is fitted appropriately.
- Next, we will teach specific climbing techniques. We will make sure everyone is comfortable before we get started.
- Once on the rock, you will improve your climbing skills, building on some of the basics and challenging yourself with different activities and games.
- At the end of the trip, we will gather once again for a closing circle, during which we'll share highlights and lessons learned from the trip.

*\*This is a sample itinerary. Your trip may vary per your goals and requests.*





# WHAT TO EXPECT AS YOU PREPARE FOR THE TRIP

If you have any other questions that are not addressed in this section or the FAQ section, please call (801) 484-4128 or email [info@splore.org](mailto:info@splore.org).

## AFTER BOOKING

After you have paid your deposit, we will send you a link to fill out your paperwork electronically. If you're unable to fill out the forms electronically, please contact our office for other arrangements. Paperwork must be completed for everyone on the trip.

## TWO WEEKS BEFORE THE TRIP

If your numbers have changed, please contact our office at least two weeks prior to your trip so you are not charged for extra people, or if you want to add people, to ensure that we can accommodate additional people on your trip.

If you, or a member of your group, has experienced a change in health or experienced a recent injury, please contact the Splore office so we can make necessary accommodations.

## THE DAY OF

You will meet Splore staff at the designated time and location on your trip confirmation. Have fun!

## AFTER THE TRIP

Within a week after your trip, a Splore staff member will be checking in with you to see how your trip went and if there is anything we can improve upon for next year. These surveys assist us in improving our programming, and in getting grants that provide scholarship funds. We appreciate your participation.



# PACKING LIST

## WHAT SPLORE PROVIDES

Splore will provide helmets, harnesses, and shoes. We require everyone to use Splore's harnesses and helmets—please do not bring your own. You may bring your own climbing shoes.

## DRESSING FOR THE ROCKS

Summer months can be very hot, while spring and fall months can vary a lot. It is important to dress in loose fitting clothing which is cooler. Wearing long sleeves and long pants can be a good way to protect your skin from sun and bugs, but make sure it is lightweight and loose fitting. Avoid tight jeans, overly baggy clothing, and skirts. Additionally, rainstorms can happen unexpectedly in the summer so it is also important to bring along a waterproof jacket and a warmer layer with you.

## WHAT YOU SHOULD BRING

- Warm sweater or fleece, in event of a rainstorm or cooler weather
- Comfortable and flexible clothing
- Pants or long shorts, please no skirts or short shorts (they don't work well with harnesses)
- Hat with a visor
- Snacks or lunch, if needed
- Water bottle
- Sunscreen & Sunglasses
- Bug Spray

## NOT INCLUDED

- The cost of emergency evacuation and medical care beyond first-aid
- Gratuity for guides

## WHAT NOT TO BRING

- Weapons
- Illegal drugs
- Alcohol
- Pets



# OTHER CONSIDERATIONS

## EMERGENCIES

Our guides are capable of handling emergencies as they arise (although they are generally few and far between). Trip leaders and guides are certified in Wilderness First Aid and CPR. Our emergency equipment includes wilderness oriented first aid kits and satellite communications systems. We are able to call for medical assistance or evacuation if necessary. If an evacuation is necessary, you will be evacuated to the nearest medical center. The cost associated with evacuation and subsequent medical treatment is the financial responsibility of the ill or injured person.

## CLIMATE

You can visit [www.noaa.gov](http://www.noaa.gov) for a weather information.

Summer in Salt Lake can be hot in the valley, with temperatures frequently reaching 100°F. Nearby canyons and mountains provide a refreshing break from the heat (mountain areas and canyons can be as much as 20° cooler).

Spring and fall weather are unpredictable. Be prepared for sudden changes in the weather. May and October can be some of the driest months, although rogue snowstorms have been known to occur.



# FREQUENTLY ASKED QUESTIONS

**Q:** How young can you be to go on a Splore trip?

**A:** Splore requires participants to be at least 5 years old and, for river trips, weigh at least 50 pounds in order to fit into a youth PFD (life jacket).

**Q:** What is the minimum number of people that can go on a trip?

**A:** There is no minimum, however the more people you bring on a trip, the cheaper the price per person. Please refer to our Dates & Rates page on our website [www.splore.org](http://www.splore.org).

**Q:** Do I need to bring my own food?

**A:** Our Salt Lake City day trips do not provide meals. All overnight trips include meals, as well as Moab day trips.

**Q:** Do you provide transportation?

**A:** If you need transportation, please call the Splore office at (801) 484-4128. We charge \$250 for round trip transportation in the Salt Lake City area. Moab area rates vary.

**Q:** I have a disability that limits my ability to take care of my own personal needs. Will Splore guides be able to assist me?

**A:** Splore guides are trained in transfers and assisting participants in getting around camp, they are not trained personal care attendants. If you need assistance with any of the following: toileting, eating, taking medication, dressing, and getting in/out of bed, then you will need to bring a personal care attendant with you. There is no additional cost for one attendant to accompany you.

**Q:** What if I can't afford the full cost of the trip?

**A:** Splore staff work tirelessly to get grants to underwrite the cost of our trips for low-income individuals and families. If you need a scholarship, please contact the office or visit the scholarship page on our website. Please keep in mind that everyone must contribute at least 10% of their trip cost.

**Q:** Is there anyone you won't take on a trip?

**A:** It is Splore's mission to get everyone outside to experience amazing adventures, however, we do have some criteria that participants need to meet to be able to go on trips with us. See page 9 for Essential Eligibility Criteria.



# ESSENTIAL ELIGIBILITY CRITERIA

In order to participate on a Splore trip, each individual must meet the following essential eligibility criteria. Participants must:

1. Be 18 years or older, or be accompanied by an adult;
2. Be able to manage all personal care and mobility independently or with the assistance of a companion (friend or family member);
3. Be able to breathe independently, not require medical devices to sustain breathing;
4. Be able to effectively signal or notify guides or other trip participants of personal distress, injury or need for assistance;
5. If taking prescription medications, be able to maintain proper dosage by medicating independently or with the assistance of a companion;
6. Be able to travel in a physically demanding, remote backcountry environment for the uninterrupted period of the trip length, which can range from one to six days. Trip conditions may vary from cold (below 32 degrees F) to hot (above 90 degrees F) depending on trip location and season and may include, but are not limited to, rain, snow, hail, uninterrupted sun, wind. The remoteness is such that it may require at minimum an hour, but perhaps in excess of 2 days travel, to reach the nearest road and advanced medical care;
7. Be able to move about the campsite independently or with the assistance of a companion, on trips that include overnight camping;
8. Be able to remain adequately hydrated, fed, and properly dressed so as to remain generally healthy and be able to avoid environmental injuries such as hypothermia, heat-related illness, sunburn and frostbite; and
9. Be able to wear all safety equipment correctly such as, but not limited to, helmet, harness, or personal flotation device.
10. Effectively communicate in a dialogue over a distance of up to 80 feet independently or with the assistance of a companion.
11. Perceive, understand and respond to commands given by a guide independently or with the assistance of an interpreter.



# DIRECTIONS TO ADVENTURE LOCATIONS

The following directions are from Salt Lake City.

If you get lost, you can call the Splore Office at 801-484-4128. If the office is closed, please leave a voicemail at extension 504 – the guides will periodically check it for messages and will get back in touch with you.

## DOGWOOD

1. Take I-80 East to I-215 South.
2. Take Exit 6 (Cottonwood Canyons) and head east towards Big Cottonwood Canyon.
3. Turn left at the mouth of Big Cottonwood Canyon (7200 South). There is a 7-11 store on the southwest corner.
4. Dogwood Picnic Area is about 1 mile up the canyon.
5. Watch for the entrance on the right side of the road.
6. Park on the right side of the road (for free) or in the picnic area (\$8 per vehicle).
7. We will meet you in the picnic area inside the gate.

## FERGUSON CANYON

1. Take I-80 East to I-215 South.
2. Take Exit 6 (Cottonwood Canyons) and head east towards Big Cottonwood Canyon.
3. Continue south on Wasatch Blvd past Big Cottonwood Canyon.
4. Turn left onto Prospector Drive (7535 South).
5. Drive up the hill, past Quicksilver, and turn left onto Timberline (7780 South).
6. Park and a staff will meet you at the gate.

## LISA FALLS

1. Take I-80 East to I-215 South.
2. Take Exit 6 (Cottonwood Canyons) and head east towards Big Cottonwood Canyon.
3. Continue south on Wasatch Blvd past Big Cottonwood Canyon.
4. Follow until you see the neon sign in Little Cottonwood Canyon.
5. Drive 2.8 miles up Little Cottonwood Canyon from the neon sign.
6. There are large pullouts on either side of a big right hand turn.
7. A staff will meet you at the pullout.
8. pull out on the left side of the road.

### PETE'S ROCK (Mt. Olympus Trailhead)

1. Take I-80 East to I-215 South.
2. Take Exit 6 (Cottonwood Canyons) and head east towards Big Cottonwood Canyon.
3. Turn left onto Wasatch Blvd.
4. Follow Wasatch Blvd for 1.6 miles
5. The parking lot will be on your right.
6. There is a steep ramp up to the parking lot. If you are driving a van, it may be best to park on the side of the road and walk up.

### SALT SLIPS

1. Take I-80 East to I-215 South.
2. Take Exit 6 (Cottonwood Canyons) and head east towards Big Cottonwood Canyon.
3. Turn left at the mouth of Big Cottonwood Canyon (7200 South). There is a 7-11 store on the southwest corner.
4. Drive 2.45 miles up the canyon.
5. After the power station and passing lane, you'll see a pull out on the left side of the road.
6. Please park at the upper end of the pull out by the trees. Make sure to park with all four tires off the pavement.
7. Staff will meet you at your vehicle.

### STORM MOUNTAIN

1. Take I-80 East to I-215 South.
2. Take Exit 6 (Cottonwood Canyons) and head east towards Big Cottonwood Canyon.
3. Turn left at the mouth of Big Cottonwood Canyon (7200 South). There is a 7-11 store on the southwest corner.
4. Storm Mountain Picnic Area is about 4 miles up the canyon.
5. Watch for the entrance on the left side of the road.
6. There are several options to Park:
  - Mule Hollow Trail Head: Pass the Storm Mountain Picnic area, go between a gap in the rocks, cross another small bridge, and turn into the trail head on the left side of the road. We'll meet you in this parking area.
  - Geological Pull-out: Just past the entrance of the Storm Mountain Picnic area, on the right side of the road, is a large pull out. You can park there for free and walk down the road to the picnic area entrance. We'll meet you in the first parking area just inside the gate.
  - Picnic Area: If you would like you can park in the picnic area (\$6/vehicle). We'll meet you in the first parking area just inside the gate.



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# OTHER MEETING LOCATIONS

The following are used if Splore is providing transportation:

## REI IN MILLCREEK

1. Take I-80 East and merge onto I-215 South.
2. Take Exit 3, 3300 South.
3. Turn right off the exit ramp and head west on 3300 South.
4. Go past the first traffic light.
5. At the second traffic light turn right.
6. Turn right into the parking lot and head towards the REI.
7. Splore will be waiting behind the car wash.

## 3900 PARK & RIDE

1. Take I-80 East and Merge onto I-215 South.
2. Take Exit 3, 3300 South.
3. Turn left off the exit ramp and cross over the interstate.
4. Turn left onto Wasatch Blvd.
5. Follow the road past one traffic light.
6. Turn right into the Park & Ride located across from Wells Fargo.
7. Splore will meet you there.

## 6200 PARK & RIDE

1. Take I-80 East and merge onto I-215 South.
2. Take Exit 6, 6200 South.
3. Turn left onto 6200 South.
4. Follow up the hill and at the traffic light at the Wasatch Blvd intersection turn left.
5. Follow till the entrance to the Park & Ride.
6. Splore will meet you at the south end of the Park & Ride.



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