2019 CLIMBING PROGRAM
PARTICIPANT GUIDE
WHAT TO EXPECT

- Fun!
- Outdoor teambuilding activities
- Insider tips on how to be successful at WCU
- Introduction to camping skills
- Introduction to climbing (belaying, climbing technique) on our 34ft climbing wall
- Outdoor Climbing at Ralph Stover State Park
- Did we mention fun?!
MEET YOUR GUIDES!

Kathleen Tobelmann
Senior Trip Guide

Kathleen was first introduced to outdoor sports in highschool, and her trip to the pacific northwest really solidified her love for long distance hiking and alpine lakes. When she started at WCU, she immediately became involved in OAP to continue her pursuit in enjoying the great outdoors. On her trip guide training, she was dubbed the trail name “Kompost Kat” for her efforts in leaving no trace through drinking our grey water from dinner. Since then, she has become more passionate about preserving our public lands and sustainability, and has expanded her interests to also include rock climbing, kayaking, paddleboarding, and biking. Kathleen is a Senior Nutrition Major with a concentration in Sustainable Food Systems Management. She is pursuing yoga teacher training, and outside of OAP, she is secretary for Students United by The Sustainability Advisory Council, Project Manager for the WCU Fair Trade University Initiative, and works on an organic farm! She is Wilderness First Aid and CPR certified, and a Leave No Trace Trainer. When you see Kathleen, you’ll almost always find her with a smile on her face, stoked for the next adventure; so don’t be afraid to say hello!

John Herbison
Climbing Instructor and Supervisor

Major: Physics Education
Certifications: American Red Cross First Aid & CPR/AED
Favorite Thing About WCU: The people I have met.
Favorite Thing about OAP: The wonderful community the climbing wall attracts.
Other Involvement: Instructor and Route Setter at Gravity Vault in Radnor
ESSENTIAL ELIGIBILITY CRITERIA

The Outdoor Adventure Pursuits (OAP) program of West Chester University is a student centered and driven program whose purpose is to engage students in meaningful experiential education opportunities by utilizing a variety of outdoor activities, trips, and excursions. These programs will develop participants’ commitment to the campus community, encourage healthy living, and help them gain confidence in their ability to lead. In order to best enhance this experience, our program is open to all who are able to meet the following essential eligibility requirements listed below. Accommodations may be made as long as it does not compromise the health or safety of staff members or other participants or significantly alter the fundamental learning outcomes of the program.

General Requirements

- Have the cognitive ability to discern all instructions of OAP staff
- Effectively communicate ideas on a group and individual level
- Properly wear and use all required safety equipment designated by the OAP staff
- Be able to effectively notify OAP staff and participants of potential hazards, personal distress, or other emergency situations
- Be able and willing to equally share in group responsibilities such as tent set up, campsite clean-up, and cooking
- Contribute to a safe learning environment—no inappropriate verbal or physical behavior is tolerated for any reason
- If taking prescription medications, be able to maintain proper dosage by self-medicating without assistance from others
- Have an average level of fitness including the agility, endurance and strength necessary to complete the chosen activity
- Perform necessary self-care in a remote outdoor environment, including maintaining adequate nutrition and hydration, maintaining proper body temperature by dressing appropriately for weather conditions, and maintaining personal hygiene
- Act in manner consistent with the 7 principles of Leave No Trace Outdoor Ethics (www.Int.org)

Climbing & Belaying

- Meet all general requirements listed above
- Successfully pass the WCU Climbing Wall Belay test
- Be able to reliability manipulate a climbing rope through a belay device (ATC, GriGri)
- Understand and convey necessary communication and climbing signals which include being able to clearly communicate at a distance of up to 50 meters
- Be able to independently tie figure of eight follow through and overhand knot
- Be able to inspect climber’s harness, knot, and helmet (when applicable)
- Reliably and independently perform simple technical tasks such as tying into a rope, clipping into an anchor and getting into a harness without the direct supervision of a staff member
WHAT TO BRING?

- Positive Attitude
- 30-50L Backpack or duffel (we have limited van space so one bag limit)
- 3 pairs of underwear (wool or synthetic recommended)
- 3 tops (wool or synthetic recommended)
- 2 pairs of athletic shorts
- 1 pair of pants for camping
- 1 hoody or puffy jacket (available to rent from ORC)
- 1 Waterproof Rain Jacket (Available to rent from ORC)
- 1 pair of closed toed active shoes suitable for hiking
- 1 pair of climbing shoes (available from ORC)
- Climbing Harness (available from ORC)
- Climbing Helmet (available from ORC)
- 20-40 degree sleeping bag (available from ORC)
- Sleeping Pad (available from ORC)

- Personal Eating Utensils
- Headlamp (Available from ORC)
- 2 32 oz water bottles
- Sunscreen
- Bug repellent
- Personal hygiene items
- Personal Snacks
- Cash for Souvenirs & last minute items
2:00pm-3:00pm - Check in
Meet at Struzbecker Health Science Center front door
where our Guides will greet you and get checked in

3:00pm-4:30pm - Low Initiatives at Challenge Course

4:45pm-6:00pm - Campsite Set Up and Cooking

6:00pm-7:00pm - Dinner

7:00pm-7:45pm - Leadership Journey Activity

8:00pm-9:00pm - Headlamp Hike

9:00pm-9:30pm - Evening Reflection

11:00pm - Lights Out
SCHEDULE - DAY 2 JULY 20TH

8:00am-9:00am Breakfast
9:00am-10:30am - Break camp and load van
10:30am-10:45am - Drive to Student Rec Center
11:00am-1:00pm - Introduction to climbing
1:00pm-2:30pm - Drive to Climbing Site
2:30pm-5:30pm - Outdoor Climbing
5:30pm-6:00pm - Drive to Campsite
6:00pm-7:00pm - Set up Campsite
7:00pm-8:00pm - Dinner
8:00pm-9:30pm - S'mores and free time
9:30pm- 10:30pm - Evening Reflection
11:00pm - Lights Out
SCHEDULE - DAY 3

8:00am-9:00am Breakfast
9:00am-10:30am - Break camp and load van
10:30am-11:00am - Drive to Climbing Site
11:00am-2:30pm - Outdoor Climbing
2:30pm-4:00pm - Drive to Campus
4:00pm-5:00pm - Unload Van
5:00pm - Closing activity and departure

Note: Program will end at the Student Recreation Center