



**Rock climbing experience**

*Information Pack*

## ACTIVITY OVERVIEW

Rock climbing is a great activity and the Lake District is the perfect place for it with some of the best crags in country a stone's throw away (no pun intended!). This activity is all about 100% getting as much climbing as possible and having as much fun as you can, your climbs several different climbs. Your instructor will talk you through everything you need to know on the day from to put on your harness to how best to climb.



### WHAT WILL YOU SUPPLY?

- Fully qualified and experience instructor
- Pictures throughout the day,
- A fitted harness and helmet
- All equipment for the session

### WHERE TO MEET YOUR INSTRUCTOR?

- ✓ Sickle Barn National trust car park, Langdale LA22 9JY – Its free to park here if you're a national trust member  
\*\*\* If you have gone past a camp site on your left you have gone to far.

### WHAT DO I NEED TO BRING?

- Clothing appropriate to the weather including warm layers and waterproof jacket
- Walking boots or stiff soled shoes
- Snacks and drink
- Your Medical disclaimer form for all participants

### WHAT TIME DO I MEET THE INSTRUCTOR?

- The morning session start at 10am please arrive about 5mins before
- The afternoon session starts at 13:30 please arrive 5mins before.

Adventuring and the whole team hope you have an amazing time and look forward to seeing you soon.  
If you do have any questions all please feel free to contact the office at any time.

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### **Participation Statement**

Adventuring recognizes that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.