



# ROCK CLIMBING

## TRIP INFORMATION

Updated: 03/2021



*"You won this time, but you're as big as you're ever going to get,  
and I'm still growing."*

- Sir Edmund Hillary after failing on Mt Everest.





# TRIP PLANNING

The following information will help you enjoy and get the most out of your climbing trip. Please review each page thoroughly and don't hesitate to reach out with any questions. [[Contact Us](#)]



## WHERE WE CLIMB

Ascent operates at crags all over the Northeast, but our home base is the Ragged Mountain area in central Connecticut. CT offers a number of single-pitch traprock cliff faces with climbs ranging from 5.4 (beginner) to 5.12 (advanced). We also guide at a number of Connecticut state parks including Sleeping Giant, West Rock and Chatfield Hollow State Parks.

With advanced planning, we offer rock and ice climbing programs in the Adirondacks (NY) and White Mountains (NH). Inquire about availability.

**Help our guides recommend the best location by sharing your goals and climbing experience with us.**

## WHERE WE MEET

After agreeing on a final location, we'll email you a map to a convenient cafe or meeting place near the crag. Here you'll meet your guide, review the trip plan, fit your equipment, use the restroom and arrange carpools to the climbing area.

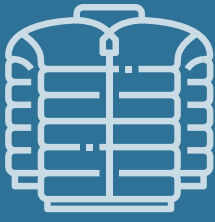
## SCHEDULE

A typical day starts when you meet your guide, usually, around 9am. We try to wrap up well before dark, typically around 3-4 pm. Larger objectives or alpine climbs may require earlier starts.

## BE PREPARED

Prepare to spend a full day outdoors in all kinds of weather. Our day may involve lengthy hiking in uneven terrain to access the climbing area(s). If you're concerned about conditions or your fitness level, please let us know in advance. We're happy to recommend crags with less strenuous approaches.

Check the weather forecast and pack accordingly! Climbing areas can be exposed and often amplify the weather you experience in town (i.e. wind, heat, cold, etc).



# CLOTHING & EQUIPMENT

## NEED TO BORROW EQUIPMENT?

Please review the following packing list thoroughly. Ascent can provide items with an asterisk (\*) free of charge if you let us know in advance. Please include relevant sizes for your entire party.

**Contact Ascent or reply to your confirmation email to reserve equipment.**

## CAN I USE MY OWN GEAR?

Absolutely! You'll probably be more comfortable using your own harness, helmet, climbing shoes, etc but bear in mind that (a) equipment must be in good, unaltered condition; (b) must be manufactured specifically for climbing and (c) soft goods like harnesses must be less than 7 years of age, regardless of usage.

## CLOTHING & LAYERS

Appropriate clothing is critical to your well-being and enjoyment of climbing. Clothing should be made of warm-while-wet synthetic materials or wool. Cotton is to be avoided when the temps are cold. Layers should allow a wide range of motion even when worn together.

### 1. BASE LAYER

Light to mid-weight synthetic or merino wool tops and bottoms worn next to your skin capable of wicking moisture away from the body.

### 2. INSULATION LAYER

A midweight fleece layer (or similar) is great for providing extra warmth when the temps drop.

### 3. WEATHER PROOF SHELL LAYER

Hard or softshell jacket (w/hood) large enough to fit over your base layers. This is your primary defense against the elements and should provide a high degree of protection from rain and wind.

### 4. PUFFY OVER-IT-ALL JACKET

If temperatures are forecasted to drop below ~50 degrees F, please bring a thick, insulated puffy jacket that fits over all of your other layers. This increases comfort and safety on cold days or when you're not actively hiking or climbing. Down-fill jackets are light and warm but must be kept dry.

## CLOSED-TOE SHOES REQUIRED

Closed-toe sneakers, approach, or hiking shoes are required equipment for all Ascent rock climbing programs. Expect to hike through uneven, rocky terrain to access the climbing area.





# PACKING LIST

Ascent guides will provide ropes, anchoring materials and a first aid kit. The following required equipment can be provided upon request.

**An asterisk (\*) denotes equipment we can provide if requested in advance.**

- Rock climbing shoes\*
- Climbing harness\*
- Climbing helmet\*
- Chalk bag\*
- Belay device & locking carabiner\*
- Headlamp\*
- Backpack (35-50 liter)\*
- Extra warm layers\*

## ADDITIONAL EQUIPMENT YOU PROVIDE

The following list is required items. All food and equipment should fit comfortably inside your backpack.

### CLOTHING

Non-cotton, warm-when-wet synthetic layers recommended.

- Weather-appropriate clothing
- Fleece jacket
- Wind/waterproof jacket with hood
- Hooded, puffy jacket (temps under 50F)
- Closed-toe shoes & socks

### COVID-19 SUPPLIES

- (2) CDC compliant face covers
- Travel hand sanitizer

### FOOD & BEVERAGE

- High calorie, easy to eat foods
- Water (2+ quarts) in leakproof bottle

### EQUIPMENT & ACCESSORIES

- Sunglasses w/ keeper & case
- Sunscreen (30+ spf)
- Medications (if applicable)
- Headlamp + fresh batteries
- Lip balm
- WAG bag (LNT!)
- Cell phone w/ case

### OPTIONAL & NICE TO HAVE

- Trekking pole(s)
- Small camera
- Small thermos + hot beverage

If you have questions or are missing any items listed [please contact us](#).



# DETAILS

## WAIVER REQUIRED

All participants will need to complete our waiver before climbing. We'll provide plenty of printed copies when you meet your guide.

### **Important Note for Climbers Under 18:**

Climbers under the age of 18 must provide a completed waiver signed by a parent or court-appointed legal guardian. If a parent will not be present, please request waivers in advance.

## BALANCE DUE?

If you choose to pay a deposit, Ascent will automatically charge the balance due to your credit card 15 days before your reservation. If you'd like to make other arrangements, just let us know.

## CHANGES & CANCELLATIONS

Ascent guides rely on stable bookings for their incomes and livelihoods. We also recognize that things don't always go as planned. Please review our [change & cancellation policies](#).

## THANK YOU FOR CHOOSING ASCENT!

We know there are other options out there and we're grateful you picked us to provide a fun, informative experience that helps you more fully live your outdoor passion. Don't hesitate to [reach out](#) if there's anything we can do to help you prepare for your trip.

## NOTES:

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