New River Gorge Climbing

**Date:** Friday, March 6 to Thursday, March 12

**Location:** Fayetteville, WV

**Price:** $120

**Registration Deadline:** Wednesday 2/25 at 10 PM

**Pre-trip Meeting:** Tuesday, March 3 @ 7:00p (Mandatory) in the Student Recreation Center TAP Room/Climbing Wall.

Trip is limited to the first 8 people who register and pay. A minimum of 6 people are required for this trip.

*Note: all trip costs are estimates and are subject to change without notice.*

The New River Gorge is the East Coast’s premier sport climbing destination, with thousands of routes for both sport and traditional climbing. We will be top roping a variety of different routes at several different crags, including one rest day during which we will perform a rest activity (hiking, slacklining, games etc.).

**Personal Preparation**

Tribe Adventure Program trips are designed for both beginners as well as people that may be more than experienced. We advise people to take their physical condition seriously. Trips can be very physically demanding. In order for everyone to get the most enjoyment out of the trip, being physically fit is a crucial part of this experience.

**Transportation**

Rental vehicles will be used as transportation to and from the activity site, and transportation is included in the price of the trip. We will depart from and return to the Student Recreation Center.

**Expedition Behavior**

Expedition behavior means taking care of yourself and other group members. It means staying hydrated, not unnecessarily endangering yourself, and communicating personal concerns to trip leaders. Characteristics such as respectfulness, flexibility, tolerance of others, courtesy, direct communication, self-awareness, and teamwork become critical when traveling in small groups in remote areas. Proper expedition behavior can be the difference between an average experience and a great one!

**Participant Responsibilities**

We expect our participants to complete all health forms and sign all waivers. Participants are required to attend all Pre-Trip meetings. Be prepared mentally and physically for the trip, even though most people only think of the trip being physically hard it can be mentally just as hard. The TAP staff also expects that all participants will obey all policies set forth by the Land Management Agencies (State Parks, National Parks, National Forests, BLM), the Honor Code as well as policies made by our staff for your safety. As a participant of a TAP trip, you agree to respect others that may be on the trip. And most of all we expect that each participant has an amazing trip that is full of fun and great memories.

**Smoking, Alcohol & Cell Phones**

In the spirit of expedition behavior, please do not bring alcohol or illegal substances or items on the trip. Cigarettes are acceptable at established areas but are not allowed to be used in vehicles. We would encourage you not to smoke on this trip and to respect other participants if you choose to smoke. Further, please be respectful of other participants with cell phone use. We ask that cell phones not be used in vehicles or at the activity site and when used, please use away from the group.
What is provided by TAP?
TAP provides all transportation, leadership, equipment rental, and instruction. The trip cost does not include personal clothing or meals traveling to and from the activity site.

Cancellation Policy
All trip balances are due at sign-up. Notice of registration cancellation must be in writing one business day prior to the registration deadline in order to receive a refund. Refunds will be less 20% of the full registration fee or $20.00 (greater amount) as a cancellation fee. No refunds will be issued after the registration deadline. Requests to transfer from one trip to another will be considered a cancellation.

Contact Us
Tribe Adventure Program
757-221-2687
http://www.wm.edu/rec/tap

Personal Gear Checklist
Clothing:
Closed-toe camp shoes
Socks (2-3 pairs)
Shorts (1-2 pairs)
Short-sleeve shirt (1-2)
Long pants
Long-sleeve shirt
Insulated jacket or pullover (fleece or wool, plan for freezing temperatures at night!)
Rain jacket and pants
Hat with brim
Stocking cap
Underwear (2-3 pairs)
Sunglasses

Camping Equipment:
Sleeping Pad*
Sleeping Bag (at least 30 degree)*
Bowl, Spoon, Mug
Water Bottles (2 Liters)
Backpack for carrying food and gear to and from climbing sites

Toiletries & Miscellaneous:
Toothbrush and toothpaste
Space contacts and glasses
Feminine Hygiene products
Sunscreen
Bug repellant
Flashlight or Headlamp
Personal Medications
Money/Credit Card

Optional Items:
Camera
Small Pocketknife
Watch
Compass*
Book

Equipment Provided by the Outdoor Recreation Program:
Tents
Stoves and fuel
Pots and cooking utensils
Water Purification system
First Aid Kit
Maps
Trowel and toilet paper
All necessary climbing equipment*

*Items marked with an asterisk* are available from the Tribe Adventure Program

**Packing Considerations**
When packing for this field experience bring only what is necessary for a weekend trip. There is limited space in the vehicles.

**Cotton Clothing**
What’s the deal with cotton clothing? While super comfortable, cotton is not a good choice for active clothing or for enduring a rain shower. When wet from perspiration, rain, or falling in the water, cotton does not dry quickly or maintain its thermal properties like synthetic clothing. Wearing wet cotton clothing can easily lead to hypothermia which is a dangerous condition. While synthetic clothing can be expensive, there are affordable options. Having a synthetic base layer on this trip is highly recommended.

**Itinerary** ***Note*** All times are estimates and are subject to change.
Fri 3:00 PM Arrive to load into the van at the SRC (Come fed and with a car snack!)
Fri 3:15 PM Depart SRC
Fri 9:00 PM Arrive at American Alpine Club Campground

Sat 8:00 AM Wake up and breakfast
Sat 9:00 AM Climbing at NRG
Sat 12:00 PM Lunch at the crags
Sat 5:00 PM Depart for Campground
Sat 6:00 PM Dinner Campground

Sun 8:00 AM Wake up and breakfast
Sun 9:00 AM Climbing at NRG
Sun 12:00 PM Lunch at the crags
Sun 5:00 PM Depart for Campground
Sun 6:00 PM Dinner Campground

Mon 8:00 AM Wake up and breakfast
Mon 9:00 AM Climbing at NRG
Mon 12:00 PM Lunch at the crags
Mon 5:00 PM Depart for Campground
Mon 6:00 PM Dinner Campground

Tues Rest Day, Hike.

Wed 8:00 AM Wake up and breakfast
Wed 9:00 AM Climbing at NRG
Wed 12:00 PM Lunch at the crags
Wed 5:00 PM Depart for Campground
Wed 6:00 PM Dinner Campground

Thurs 8:00 AM Wake up and breakfast
Thurs 9:00 AM Leave for return drive
Thurs 12:00 PM Lunch on the road
Thurs 2:00 PM Arrival at SRC