



## Joshua Tree 8-day Rock Climbing Camp Itinerary

Every day starts with a hearty breakfast prepared by your guide. Lunch is provided while at the rocks. Each evening is spent enjoying gourmet camp cuisine prepared by your guide around a campfire

- Day 0: Meet at our private campsite within Joshua Tree National Park in the evening (no meals).
- Day 1: After breakfast, we will cover some knots you'll need to know for rock climbing as well as belaying techniques. The rest of the day is spent rock climbing on introductory rock climbs and working on basic movement on rock.
- Day 2: Today we continue getting in as much rock climbing as possible on top rope climbs while refining our rock climbing techniques. We will also introduce crack climbing techniques.
- Day 3: In the morning we will introduce rappelling. In the afternoon we will continue to work on our rock climbing techniques, introducing more advanced crack and face climbing techniques. We will also introduce all the rest of the knots you'll ever need to know for rock climbing.
- Day 4: Today is our rock anchoring clinic day. Taking a well deserved rest from the climbing, we will spend all day in ground school learning how to set up rock climbing anchors with an emphasis on top-rope anchors. We will cover all the basics of protection gear placement as well as anchoring principles using bolts and natural features. Throughout the rest of the rock camp everyone will have the opportunity to set up their own top-rope anchors under our supervision. Tonight we go to the nearby town of Joshua Tree for a dinner out on the town and a hot shower.
- Day 5: It's back on the rock climbs of Joshua Tree. We will continue to introduce more rock climbing movement techniques as we refine our climbing and maybe try some harder rock climbs. We can also introduce basic leading techniques on rock climbs for those who may want to take the sharp end of the rope someday (optional).

- Day 6: Multi-pitch day. We take our skills to a longer rock climb today and get our feet high off the ground on one of Joshua Tree's classic multi-pitch rock climbs. We will learn the particulars of multi-pitch rock climbing anchors and well as efficiency techniques needed for longer rock climbs such as those in Yosemite. Multi-pitch rappelling will also be covered.
- Day 7: Rock rescue day. In the morning we will cover all the basics of self-rescue on rock - a key set of skills for those venturing out on their own. Topics covered will be escaping the belay, lowering and raising techniques, tandem rappelling and a discussion on good judgment while rock climbing. In the afternoon we will either top rope climb or work on any of the skills you would like such as mock leads for those interested in lead climbing.
- Day 8: Our final day is spent simply enjoying some of the stellar rock climbs of Joshua Tree. We let the group decide on which rock climbs to do, either top roping or multi-pitch. We usually plan to finish in the late afternoon. The campsite is still available tonight for those who fly out the next day (no dinner).