

WBO Rock Climbing Course Description August 11-15, 2023

Overview:

The Gunnison Valley contains some of the best climbing to be found in the state of Colorado. This front country course is designed to teach the tools and techniques required to safely take part in the sport of rock climbing. Catering to beginner and intermediate climbers alike, your trained instructors will introduce you to various types of climbing equipment and technique, anchor building skills for both traditional and sport climbing, multi-pitch climbing skills, rappelling, mock leading, and climbing ethics. Experience first-hand the most beautiful places in the Gunnison Valley while having fun...and building new friendships! At night you will relax around a campfire with 2 WBO instructors and 8-10 fellow students.

Sample Itinerary:

Day 1: Meet on the South Lawn of the University Center for breakfast and check-in at 8am on August 11.

Break into groups, meet instructors, double check personal gear, and then head out to one of the local climbing areas.

Days 2-4: Climb at various climbing areas throughout the Gunnison Valley while learning the aforementioned skills. Evenings will be spent in camp cooking together and getting to know each other!

Day 5: Climb or take part in an outdoor activity (depending on how tired you are from climbing hard for 4 days!), then break down camp. Return to campus around 3pm for a quick shower before our closing ceremony and BBQ. Your trip ends after the closing BBQ between 6-7pm on Tuesday, August 15. Orientation begins the following afternoon.

Physical Preparation:

Students must be physically and mentally prepared for a 5-day course under primitive camping conditions at moderate (7-11,000ft) altitude. In addition to the Essential Eligibility Requirements of all WBO trips, the Rock Climbing Course has the following requirements:

- Must be mentally comfortable climbing to heights as high as 100 feet on top rope.
- Must have the muscle strength to climb a nearly vertical wall with good holds.
- Able to navigate around camp on uneven terrain in order to help with camp chores and basic living needs.
- Ability to carry a backpack with up to 50 pounds of gear will be helpful.
- Comfort in spending 4 nights and 5 days in a primitive campsite with no restroom facilities or running water.

Weather and Environment:

During August, the Gunnison Valley may experience a wide range of weather conditions and temperatures. While the average high is in the 70's with nighttime lows in the 40s during WBO, it may also rain, snow, freeze, blow and thunderstorm for days at a time! Please be prepared with extra synthetic layers and a warm sleeping bag and pad. See your packing list for more details, and call the WBO Office (970.943.2290) if you have any questions about what to expect!!



Purpose of Wilderness Based Orientation

WBO provides an exciting introduction to your career at Western. During these expeditions you will meet new friends and explore recreational opportunities in the Gunnison Valley. Experienced student instructors design and lead all WBO courses. Many of them participated in WBO themselves; their insight and guidance on course helps prepare you physically, mentally and socially for the rigors of college.

Standard of Excellence

WBO strives for the highest level of excellence from its instructors and we expect the same from our participants. Many WBO instructors hold Wilderness First Responder, or Wilderness EMT medical certifications. They carry emergency communications devices or cell phones depending on terrain. On any of our courses, we may, at times, be long distances from a road or definitive medical care. We expect all students to exhibit expedition behavior and take responsibility for their own wellbeing. Students unable or unwilling to create a safe and comfortable experience for others may be asked to leave the course at any time. An adventurous spirit and willingness to try new things is highly recommended- we do our best to create meaningful experiences; what you get out of this trip is up to you!

Please see our Essential Eligibility Requirements and Commitment to Excellence for more details.

Wilderness Pursuits (WP):

WP provides low-cost and professional quality outdoor expeditions and resources for Western students. Our student-led trips serve a broad range of abilities and interests while addressing outdoor skills, community, citizenry, environmental stewardship, and healthy lifestyles. WP offers trips such as rafting, whitewater and sea kayaking, rock and ice climbing, backpacking, backcountry skiing, mountain biking, mountaineering and much more! WP also offers equipment rentals, a free self-serve tune shop, free clinics, library, and hosts special events. Find us in room 120 of the University Center, Monday-Friday, 10:00 a.m. – 4:00 p.m. Visit our website (western.edu/wp) for more information and to register for weekend trips. See you when you get to campus!

**Wilderness Based Orientation
Rock Climbing Required Packing List**

Please Bring the Following

Item:	Quantity:	Type:
Base Layers		
➤ Underwear	4-6 pairs	Synthetic materials for Males, synthetic or cotton for Females
➤ Sports Bra	1 each	If applicable
➤ Socks	3 pairs	Heavy wool or polypropylene (no cotton)
➤ Long Underwear	1 top, 1 bottom	Light or medium weight synthetic
➤ Shorts	2 pair	Synthetic quick-drying material preferred
➤ Swimsuit	1 suit	May use quick-drying shorts and "jog bra"
➤ T-shirt	2 each	Cotton OK
➤ Climbing Pants	1 each	Stretchy/Dynamic material (Optional)
Outer Layers		
➤ Rain Jacket	1 each	Must be waterproof, Gore-Tex or similar OK
➤ Rain/wind Pants	1 pair	Heavy weight nylon
➤ Long Pants	1 each	Synthetic/ wool/ fleece material only (no cotton)
➤ Insulating Jacket	1 each	Synthetic/ wool/ fleece
➤ Warm Ski Hat	1 each	Synthetic/Wool
➤ Sun Hat	1 each	Baseball cap, visor or full brim OK
➤ Bandanas	2 each	Standard style. For head gear or wash cloth
➤ Gloves	1 pair	Wool/ Synthetic/ fleece
Footwear		
➤ Sneakers/Boots	1-2 pairs	Short hike/ camp shoes. NO SANDALS!
Outdoor Gear		
➤ Sleeping bag and pad	1 each	Synthetic bag rated to 30 F.
➤ Backpack	1 each	15-25 liters for day hikes
➤ Duffle bag	1 each	Large enough to fit all personal items
Personal		
➤ Cup, Bowl and Spoon	1 each	Plastic travel style used for all meals
➤ Toiletries	1 each	Basics only; toothbrush, toothpaste, feminine hygiene, etc.
➤ Sunscreen & lip balm	1 each	15 SPF minimum
➤ Water Bottles	2 each	1 liter Nalgene or similar durable plastic
➤ Headlamp	1 each	Any style OK, bring extra batteries
➤ Pocket knife	1 each	Small Swiss Army or Leatherman styles OK
➤ Prescription Meds	2 each	Bring extra medication if it gets wet or lost
➤ Additional Snacks	1 each	Encouraged for individuals with higher calorie intake
Optional		
➤ Climbing equipment YOUR GEAR)	1 each	Harness, rock shoes, helmet, chalk bag and chalk (MARK ALL OF
➤ Camp Chair	1 each	

All technical equipment and group gear will be provided by WP

All WBO programs are DRUG, ALCOHOL & TOBACCO FREE

WP/WBO Essential Eligibility Requirements

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Essential eligibility requirements for each course must be met. We may be able to assist students with modifications if you are unable to meet certain requirements, unless it alters the fundamental nature of the course, compromises the health and safety of students or staff, or places undue financial or administrative burden on WP.

The following outlines essential eligibility requirements for all WP/WBO trips:

Safety and Judgment:

- Effectively perceive, understand and follow direction by others so that you will be able to successfully execute appropriate and perhaps unfamiliar techniques to manage hazards. These directions may be given before the hazard is encountered or may need to be given during exposure to the hazard.
- Effectively communicate danger to others in the form of either a warning or a notification of personal distress, injury or need for assistance.
- Respond appropriately to stress or crises such as, but not limited to, encounters with bears, bugs, severe weather or a medical emergency
- If taking prescription medications, students must be able to maintain proper dosage by self-medication without assistance from instructors or parents.

Leadership and Expedition Behavior:

- Work effectively as a member of a team despite potentially stressful and difficult conditions. This may require problem solving on an interpersonal or group level as well as willingness to accept differences.
- Contribute to a safe learning environment; no harassment of others for any reason.
- Willingness and ability to participate to best of one's ability, with other group participants, in daily chores and activities on each trip.
- Have the cognitive ability to learn necessary skills given time limitations of a course

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Outdoor Skills and Environmental Ethics:

- Learn and practice Leave No Trace techniques
- Learn and safely perform the fundamental camping and/or travel skills necessary for each activity.
- Remain adequately hydrated, fed and properly dressed so as to remain generally healthy and safe, avoiding environmental injuries such as hypothermia, sunburn or frostbite.
- WBO and Spring Break expeditions: live in a physically demanding, potentially remote environment for five-six days at a time. Conditions of this environment may vary from lows below freezing to highs in the 80s or 90s and may include rain, snow, hail, thunderstorms, wind, or the absence thereof. The remoteness at any point may require a minimum of two hours but perhaps in excess of full days to reach the nearest road, trailhead or town with advanced medical care. While front country trips typically have closer access to roads and trailheads, daily excursions may include components as remote as any backcountry trip.

