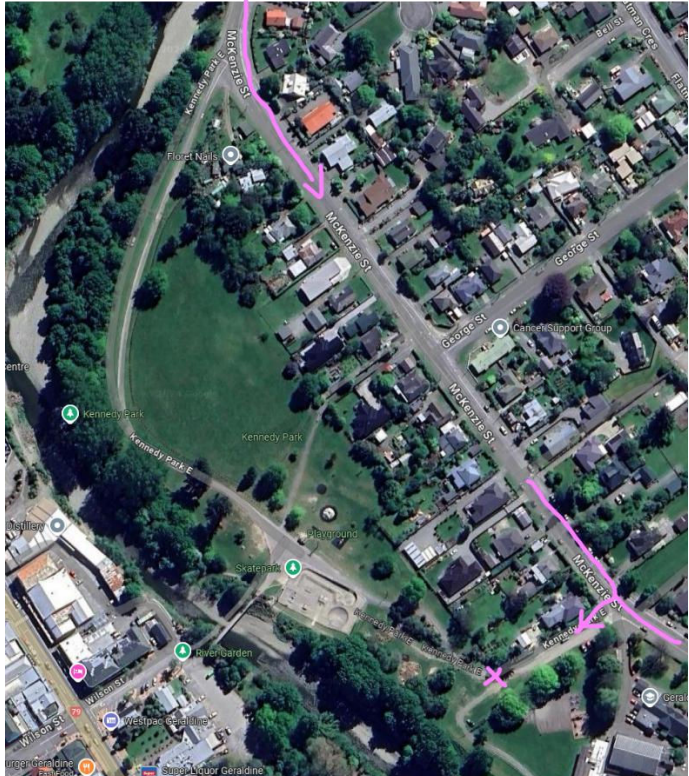


## Holiday Programmes

Rock Climbing Day

### Schedule

Activity	Meeting Locations	Drop Off	Pick Up
Rock Climbing	<a href="#">Spur Road, Timaru</a>	10am	3pm
	<a href="#">Kennedy Park, Geraldine</a> * 	9:00am	4pm

*Locations and activities are subject to weather conditions. We will get in touch if there are any necessary changes to this schedule.*

### Activities Overview

Rock Climbing

Rock on! Reach for the top with a day of rock climbing on the ancient volcanic remnants of South Canterbury. This day is the perfect extension of skills learned on the high ropes course, such as belaying. If you haven't signed up for our high ropes day or haven't belayed before though – not to worry. We'll teach you everything you need to know to climb safely. With a variety of climbs to choose from, we'll have something to challenge all ages and ability levels.

*Age requirements:*

Appropriate for ages 8+

*Ages 8-11 **must** have an adult with them to help with belaying (no extra cost)*

#### On the Day Contact

Office – 03 696 3832 – Calls only

Duty Phone – 020 4155 2603 – Calls only

## Gear List

### Compulsory

- Lunch and snack
- Sunscreen/sunglasses/cap
- Drink bottle
- Spare warm layers
- Backpack
- Activewear (*no cotton*)
- Raincoat (*we'll go rain or shine*)
- Well-fitting lace-up trainers
- **Any personal medication**

### We Will Provide

- All activity specific/technical gear required!
- Any additional *extra warm* gear

### Optional

- Camera
- Your own rock-climbing shoes/gear
- Thermal leggings (highly recommended on cooler days)
- Puffer jacket
- Cap
- Beanie