



TREKS, RENTALS, EDUCATION,
AND DEVELOPMENT

Pinnacles National Park Climbing and Camping

Date: Friday, July 26-Sunday, July 28

Location: Pinnacles National Park, Paicines, CA

Price: \$75

Registration Deadline: Monday, July 15, 2013 by 3:30p

Pre-trip Meeting: Thursday, July 25, 2013 at 3:00p (Mandatory) in the SRC Fitness Center lobby.

Trip is limited to the first 9 people who register and pay.

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

Details

Rising out of the chaparral-covered Gabilan Mountains, east of central California's Salinas Valley, are the spectacular remains of an ancient volcanic field. Massive monoliths, spires, sheer-walled canyons and talus passages define millions of years of erosion, faulting and tectonic plate movement. There are two primary sections to the Pinnacles, the East side and the West side. There is a variety of different quality rock and types of climbs on both sides. The majority of routes (especially on the East side) are sport climbs. There are several trad climbs, however. Overall, the routes are fairly well bolted (thanks to ASCA), and anchors usually consist of chains/bolts/rap rings.

This trip will involve two nights of camping and two days of climbing at Pinnacles! A special treat will be the caving adventures!

Itinerary ***Note*** All times are estimates and are subject to change.

Friday

4:00 PM Meeting at SRC Parking Lot
4:15 PM Depart SRC
7:30 PM Arrive in Pinnacles and Set Up Camp
9:00 PM Possible Night Hike!

Saturday

6:45 AM Wake Up and Breakfast, Make Lunch for Day
8:00 AM Depart Camp for Climbing!
12:00 PM Lunch
3:30 PM Leave Climbing Area for Camp
4:00 PM Free Time for Pool, Exploring, Shower, Etc.
6:00 PM Dinner and Cleanup
7:30 PM Relaxing, Fun and Games, Stargazing

Sunday

6:45 AM Wakeup, Breakfast, Camp Breakdown, Make Lunch for Day
8:15 AM Depart Camp for Climbing!
12:00 PM Lunch
3:00 PM Depart Pinnacles for Turlock
6:00 PM Arrive back in Turlock

Personal Gear Checklist

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| <input type="checkbox"/> Weather-appropriate synthetic clothing for activity | <input type="checkbox"/> Sunscreen/Bug spray |
| <input type="checkbox"/> Sleep Clothes and Swimsuit | <input type="checkbox"/> Backpack Dinner for Drive to Pinnacles |
| <input type="checkbox"/> Light insulating jacket or sweater | <input type="checkbox"/> Lip balm with sunscreen |
| <input type="checkbox"/> Sunglasses & Sun/baseball cap | <input type="checkbox"/> Prescription glasses, contacts and case |
| <input type="checkbox"/> Rain pants and rain jacket (if rain is forecasted) | <input type="checkbox"/> Personal medications/prescriptions/first aid |
| <input type="checkbox"/> Towel | <input type="checkbox"/> Camera |
| <input type="checkbox"/> Water Bottles (2 Liters) | <input type="checkbox"/> Money/Credit Card (Bring about \$3 in quarters for showers!) |
| <input type="checkbox"/> Journal pencil or pen (optional) | <input type="checkbox"/> Personal toiletry needs |
| <input type="checkbox"/> Hand Sanitizer | <input type="checkbox"/> Small backpack |
| <input type="checkbox"/> Eating utensils, cup, and bowl/plate | <input type="checkbox"/> Sturdy tennis shoes for hiking in |

Personal Preparation

TREAD Outdoors 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 SRC Fitness 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 TREAD Outdoors 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 Student Code of Conduct as well as policies made by our staff for your safety. As a participant of a TREAD Outdoors 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 TREAD Outdoors?

TREAD Outdoors provides transportation and park entrance/camping fees, 5 meals (breakfast Saturday through lunch Sunday), all equipment (sleeping bags/pads, tents, group cooking equipment, climbing equipment), leadership, 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

StanRec TREAD Outdoors

209.667.3705

<http://www.csustan.edu/src/outdooradventure.html>