

TRAINING MANUAL FOR MICHIGAN 4-H

OUTDOOR ADVENTURE CHALLENGE



Section: CLIMBING



CLIMBING SECTION CONTENTS

- Letter to 4-H Outdoor Adventure Challenge Leaders, Trainees and Instructors for Climbing School, Committee Meeting and Gorp Festival
- Gear List for Climbing

August 8, 2008

TO: 4-H Outdoor Adventure Challenge Leaders, Trainees, and Instructors

FROM: Jim Harper, State 4-H Outdoor Adventure Challenge Coordinator and County Extension Director, Kalkaska County

RE: CLIMBING SCHOOL, COMMITTEE MEETING AND GORP FESTIVAL—**SEPTEMBER 19-21**

This is the 34th year of 4-H Outdoor Adventure Challenge in Michigan. Gorp Fest is your chance to have a reunion and spend a pleasant weekend with old friends and make some new friends!

Climbing school will be Friday evening, Saturday, and Sunday. Notify Theresa or me immediately if you plan to take the training. Call Theresa at her home 586-725-3086 or her cell at 586-260-1474, or me at 231-258-3320. I have arranged for Brian Fettig and the Whitenights to begin training on Friday evening.

I am counting on Brian Fettig bringing climbing equipment. Wayne Mulzer needs to bring the State equipment that is stored in Menominee County, Dave Green has some and someone from downstate needs to let me know if you can pick up the north region equipment from Kirt Stage-Harvey in St. Ignace.

We should have enough equipment to accommodate anyone who wants to climb, but if you have comfortable equipment of your own, you will want to use it. Just remember to label or be able to identify your own equipment. One reminder is that each of you should plan to bring your own leather gloves. Camping for the weekend is primitive and there is no water on-site.

Be sure and bring **Leader Certification Record and Health Form card**
 Personal Data Sheet

I look forward to seeing many of you! Questions, or to let me know you are coming, call or e-mail me.

I wish to confirm the remaining dates for this year's training cycle:

Winter Camping Jan. 16-18, 2009

We need to select dates for 2009 training: (tentative)

Orientation	April 24-26	Rock Climbing	Sept. 11-13
Week-Long	June 27-July 5	Caving	Oct. 2-4
Advanced Canoeing	July 3-5	Backpacking	Oct. 9-11
Beginning Canoeing	July 17-19	Wilderness First Aid	??
Kayaking	July 31-August 2	Winter Camping	Jan. 15-17, 2010

Instructors: Please get back to me on what works for you.

Food for this one has sometimes been on the imaginative order by participants because we don't have to carry it on our backs. If there is ever a weekend for gourmet, this is it. Creativity and sharing has been the order of the day. We have also had people who brought sandwiches because they didn't want to mess around cooking. Breakfasts and dinners will be eaten in camp. Lunches are usually cold, and eaten while waiting on the top or bottom of some rock face waiting to climb.

Two items of equipment merit special mention. The first is shoes. We get questions about special shoes for climbing. There is no real need for anything special. We have seen people climb in everything from \$150.00 Asolo Climbing Shoes to yard sale sneakers.

I would just make it something comfortable. We do have to do some rock scrambling up a talus slope to get to the top for climbs, so remember that there is some rough trail involved.

The other item is leather gloves. We underline the word leather. When we rappel, we need the gloves to protect our hands from rope burns. Synthetic materials, cotton and nylon tend to melt with the friction. Buy or borrow a pair from someone. If any of you have a helmet with a chin strap which you find comfortable, feel free to bring it, otherwise use ours. We do have the ropes, webbing, and other climbing gear we need. We will be operating, rain or shine, as usual so bring comfortable rain gear.

In addition to this memo, attached is a gear list for climbing. Get familiar with some of the terms used to describe ropes, and the communications connected with the climbs and rappels. The knots we will be particularly concerned with are the Figure 8 follow-through and the water Knot, which is used with Webbing. Cut yourself a piece of rope and practice the knots before coming.

Friday afternoon, there are usually a number of 4-H Outdoor Adventure Challenge leaders who join the group for what we have called the GORP Festival, which is a reunion of leaders from the whole state. It is a great opportunity to talk to people who have been working with the program and youth to get some new ideas.

To summarize, plan an outdoor camping experience at a primitive site with no water and no facilities. Lawn chairs or sitting pads are nice. Bring your own food, gear and water. This is bear country. Emergency Phone Number: Negaunee State Police Post 906 475-9922.

For directions for any Outdoor Adventure Challenge training, we recommend you use Mapquest. You can Google Mapquest on your computer and get a detailed map of the area of the training and/or directions to and from the training. The Mapquest web address is: <http://www.mapquest.com>. If all you need are written directions, here they are below. A Michigan County Map Book would also be helpful.

From Munising, take —28 to Marquette. You will come to a fork in the road. Go straight into Marquette on Front Street. Front Street will end at the Superior Dome. Turn Left. At the next corner, turn right onto Presque Isle (You should start seeing signs for Big Bay). You will come to Wright Street. Turn left on Wright Street. Take Wright Street to Sugar Loaf. Turn right. Just past the Tourist Park will turn left on 550. Follow 550 about 24 miles. You will see a sign for Little Tree Cabins on the right. 1/4 mile past Little Tree Cabins, you will turn left on 510. Follow 510 for 3.1 miles (there should be a truck crossing sign). This is Triple A Road. Turn right on Triple A and follow for 1.2 miles. Turn right on a sand trail just before the sharp curve. Follow the sand trail north 3/10 mile. Bear left at the fork in the road. The climb site will be on your right about 100 yards.

Attachment: gear list

GEAR LIST FOR CLIMBING

- *Day pack
- *Internal or External Frame pack for solo night
- *Tent with ground cover
- *Sleeping bag
- *Sleeping pad (foam or self inflating)
- *Stove
- camp chair
- pillow
- Extra container of Water 3-5 gallons
- Matches in waterproof container
- Lighter
- Plate, cup, spoon, fork
- Flashlight w/extra batteries/bulb
- 20 - 32 oz. Water bottles (2)
- Pocket knife or multi-tool (small)
- Compass
- Nylon cord (30-50 ft)
- Whistle
- Duct tape (small amount wrapped around pencil)
- Mesh head net (for bugs)
- Hat
- At least one large garbage bag
- Hiking boots or running shoes
- Water shoes or old tennis shoes
- Wool or synthetic socks 2-3 pairs
- Underwear (4 pairs)
- Polypropylene long underwear shirt 1
- Polypropylene long underwear pants 1
- Fleece vest or jacket or light wool sweater
- Rain poncho or rain coat
- Swimsuit or synthetic shorts
- Pants Synthetic
- Long sleeve shirt synthetic or tightly woven cotton dress shirt (a must for bugs)
- Short sleeve shirt or t-shirt

*All items with an asterisk can be borrowed. Let me know what you need. If there are any other items you need let me know I might be able to get them for you.

FOOD:

You will need: 3 breakfasts
 3 lunches
 3 dinners
 your own snacks

First Aid Kit to include:

- Band-Aids
- Personal Medications
- Sunscreen
- Lip balm
- Insect repellent
- Toothbrush & toothpaste
- Toilet paper & trowel
- Small container of liquid soap (bio-degradable camp soap or dish soap)
- Washcloth/towel (small)
- Small package of baby wipes

IF YOU HAVE A CLIMBING HARNESS AND HELMET, PLEASE BRING THEM. HOWEVER, WE WILL BE BRINGING ALL CLIMBING GEAR FOR THE GROUP.

