



Arizona Outdoor Women

Advance Rappelling Clinic

October 3, 2020

Granite Dells, Prescott

\$95.00

Gratuities is not included

Requirement: must have done a rappelling course with BOW camp or AOW clinic

Provided: Certified Instructor • Harness • Hemet • Gloves • Water • Lunch

Itinerary

****Note times may vary****

8:00 am Meet at the entrance gate to Watson Lake, Prescott

8:15 am Introductions, safety rules, practice tying a Swiss-seat harness, hand out equipment.

9:00am Walk to our rappelling location

9:15am Warm-up Rappelling, start our 60 ft rappels

Lunch

2:00 pm Walk back to parking lot and return equipment

2:00pm Say our Good-bye

What to Wear:

- Pants or short (mid length)
- Tight shirt (long or short sleeve) shirt will get black marks on them
- Hiking shoe (you will be climbing up rocks to get to the top)
- Hat
- Water Bottle
- Sunscreen

If you have long hair bring something to wear it up.

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