Sea to Summit
GOLD
Rock climbing:
- the fine art of "look good, feel good, look good, safety fourth"
- how to tickle rocks
- rope wrangling on rocks
- eating snacks and staring at rocks

Featuring:
- Emily
- Sarah
- Maya
- Abigail
- Jaeden
- Alexandra
- Renee
- Emily
Roles

anchor: gear guru, timekeeper, leader of daily review, water-upper, sketch circle, head, daily conductor

figure 8: journalist, photographer, reader of daily story

towline: gourmet chef

carabiner: keeping things clean and tidy

clove hitch: leader of camp sweeps, water person, timekeeper, "the button-upper"

How to climb rocks...

01 tie in
02 check stuff
03 climb
04 have fun
05 admire view
06 lower
07 feel cool
DAY 3

Día to day we did a new climb.
We also went to a lake and
swam.

RENEE
FOOD! (in no particular order)

- hot dogs
- chili
- lentil soup
- hash
- burritos
- scramble
- cereal
- oatmeal
- curried rice
- muesli
- quinoa
- vegetables
- pesto
tortellini

SANDWICHES!
Rest Day!

1...2...3...
Day 7

New climb!

+-BLINDFOLDS!!!