

Sea to Summit
GOLD

You
climbing!



featuring...

emily
sarah

haya

abigail

jaiden

alexandra

renee

emily

Rock clim-bing:

- 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

	2	3	4	5	6	7	8
ANCHOR	RS	AL	JC	AC	HB	RS	AL
FIGURE 8	AC	HB	RS	AL	JC	HB	RS
BOWLINE	AL	JC	AC	HB	RS	AL	JC
	JC	AC	HB	RS	AL	JC	AC
CARABINER	AC	HB	RS	AL	JC	AC	HB
	HB	RS	AL	JC	AC	HB	RS

Roles

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

figure 8: journalist, photographer, reader of daily story

bowline: gourmet chef

carabiner: keeping things clean and tidy

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

How to climb rocks...

- ① tie in
- ② check stuff
- ③ climb
- ④ have fun
- ⑤ admire view
- ⑥ lower
- ⑦ feel cool

DAY 1/2

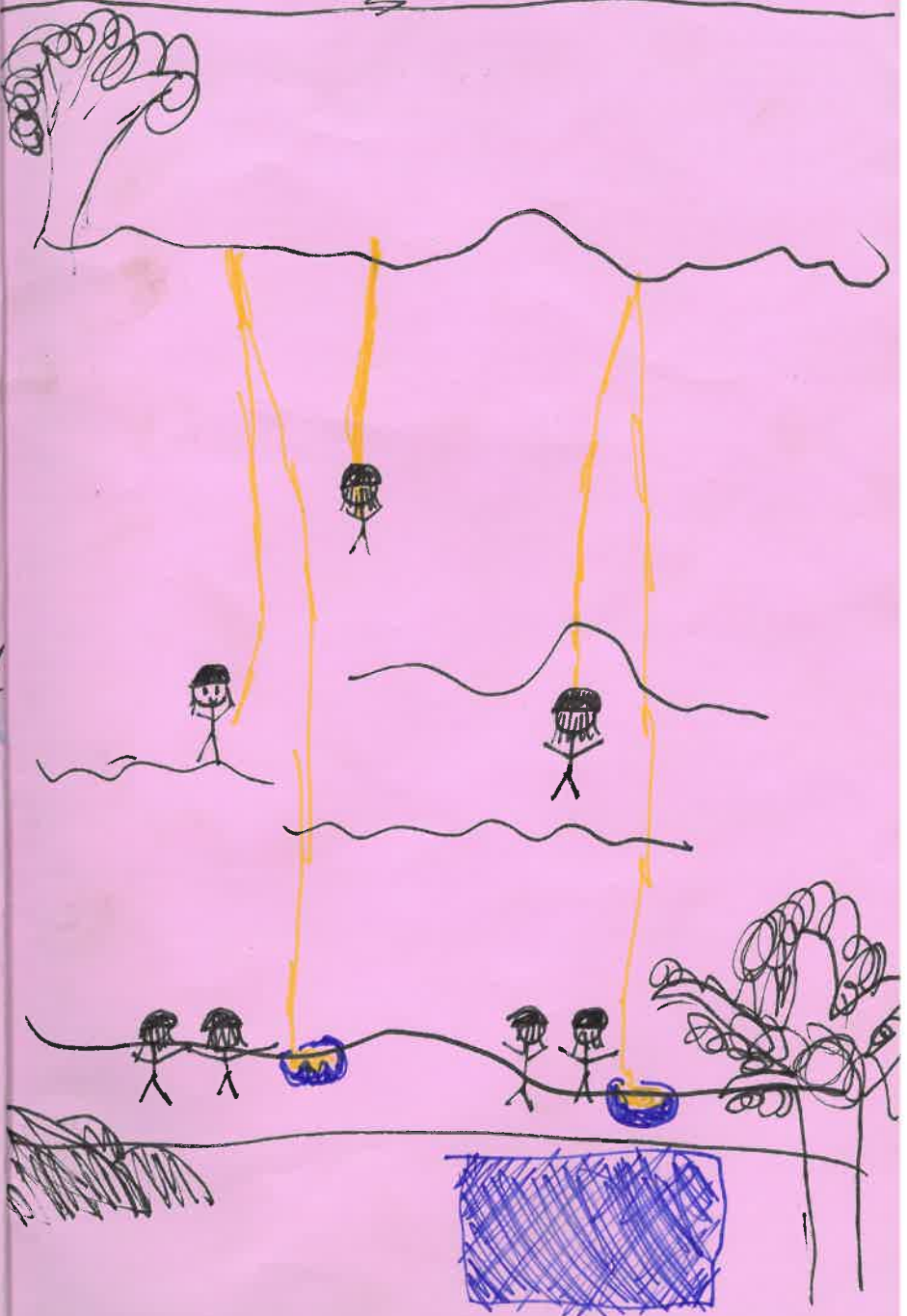


DAY 3



Day 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 curry

hash!

BURRITOS

scramble!

cereal

curried
rice

museli!

quinoa
+
vegetables

SANDWICHES!

swimmin'
rama

oatmeal!



pesto
tortellini

DAY 5

Rest
Day!



DAY 7

New climb!
+ BLINDFOLDS!!!

