

Vertical Mobility Workshops Participant Summary

Dates available: Sunday 5/3/23, 7/5/23, 4/6/23



Location: Noorumba Girl Guide Camp (off Thorp Rd, Fire Trail (Woronora) see <https://mapcarta.com/N6680918255>

Activity Leader: Marion Fisher, ph 0410534409

Note that if the activity needs to be cancelled at late notice (such as Fires, Total Fire Bans, or very strong winds), you will be contacted via the details you have registered.

Start time (at the campsite) - **0800 hrs** (please allow at least 20 minutes from car-park to walk in)
Depart Campsite at 1600 hrs.

What you need to bring

- Notebook and pencil/method of recording skill development
- packed morning tea & lunch, and water bottle
- Bring/wear suitable clothing for the weather, including wet weather gear, enclosed shoes and long pants for the activity
- Insect repellent and sunscreen
- Hair **must** be tied back
- personal first aid kit

Bring your own full kit: (please notify organiser if gear hire/purchase) is required at an additional cost)

- gloves
- whistle and knife
- prussik loops (minimum of three: one long and 2 short, or four short)
- harness
- helmet
- at least 3 karabiners
- descending device

Costs:

Participants: \$18.50 (includes ropes, group equipment usage & replacement, campsite fee, and banking fee)

If required: Kit hire \$12: helmet, harness, one crab, descender,

For purchase: \$6 gloves, and prussik cord at \$2 per metre (approx. 9 metres required)

Activity supervisors (team, and RockSchool staff) no cost