



Plan:

- When and where will you go climbing?
- How much will it cost?
- What is your budget?
- How will you get there?

Do:

- Have a cool time climbing!

Review:

- What do you know now that you did not know before?
- Was there anyone in the Patrol who was an especially talented climber?
- What was the most challenging part of this Adventure?
- What kind of physical or mental hurdles did individuals need to overcome in this Adventure?
- How did your Patrol handle the tasks to make this Adventure happen?
- What would you do differently next time?

Safety note:

- Ensure that the climbing gym you choose has an agreement with Scouts Canada so that you do not need to sign a waiver.
- Follow the safety instructions given by the staff at the gym you visit.
- What clothing and footwear is safest for this Adventure?
- What safety equipment will you need for this Adventure?

Online Resources:

- [Outdoor Adventure Skills](#)
- [Coyote Rock Gym](#)
- [Climbing Walls in Calgary](#)

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Rock On!



The Adventure:

One of the more imposing Outdoor Adventure Skills pathways is the Vertical Skills, but the best way to learn something new is to give it a try. As a Patrol, plan, do and review an outing to a climbing gym.

Visiting a climbing gym is a good way to get a safe introduction to rock climbing, and even at an indoor gym there will be a variety of routes to try. A gym is a good place for beginner climbers to build some confidence. Even the most nimble Scouts are bound to find a challenging wall to remind them they're not Spiderman!



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It starts with Scouts.



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