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OUTDOOR ROCK CLIMBING

With over fourteen years of experience in the field, Knox Rocks has led successful climbing expeditions from Yosemite, California, to Linville Gorge, North Carolina. With experience from the tropical seaside limestone of southern Thailand to the 2,000-foot granite walls of Squamish, British Columbia, Knox Rocks has been an innovative leader in rock climbing instruction.

Knox Rocks strives to provide professional instruction in an exciting and unique environment while holding safety as a primary concern. Our guides and facilitators are expert level climbers that provide support, encouragement, and laughter when necessary. We offer classes with every skill level in mind, whether you're a beginning climber learning basic knots and belay methods, or a seasoned veteran wanting to push the limits.



Courses Offered:

- Intro to Rock Climbing and Rappelling (Great for Large Groups)
- Fundamentals of Rock Climbing
- Fundamentals of Rappelling
- Bouldering Day/Technique Clinic
- Advanced Instruction
- Private Guiding and Instruction

For more detailed information on the courses offered [click here](#)

What to Bring on an outdoor trip:

- A small backpack
- At least 2 quarts of water per person.
- Tennis shoes or hiking boots - no sandals or open-toed shoes.
- Wear clothes that provide you will a full range of motion.
- If bringing shorts, be sure that they come down to at least mid-thigh.
- Dress in layers; temperatures can fluctuate through-out the day... be prepared.
- Raincoat
- A small lunch or snacks
- A big smile!!!

Optional:

- Sunscreen
- Bug Repellent
- Sunglasses

Release form pages:

[RELEASE OF LIABILITY AND ASSUMPTION OF RISKS.doc](#)

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