



## What to bring for a Seattle climbing trip

- Weather appropriate clothing
- Sunscreen
- Water bottle
- Sack lunch
- Socks and sneakers
- Peak 7 Adventures Release and Medical Form

\*\*\* Always feel free to ask if you would like to bring an item not listed. Our staff will be glad to let you know if the item would be of use on the trip.

### **Peak 7 Adventures - Seattle**

7728 Rainier Ave South  
Seattle, WA 98118

314.397.2099  
info@peak7.org  
www.peak7.org



# Driving Directions

## Exit 38

From I 90 Eastbound:

Traveling east from Seattle take exit 38

At SE Homestead Valley Rd take a right (south)

Look for our van in a parking area to the left at Change Creek.

If you pass the park you have gone too far.

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