



## **What to bring for a one-day rock climbing trip: Post Falls**

- Weather appropriate athletic clothing
- Water
- Socks, one pair
- Snacks (optional)
- Sunscreen (optional)
- Completed waiver
- \*Swimsuit (see notes below)

\*Note: There is a beach and swimming area at this park. Groups may decide to swim after climbing. Peak 7 has no part of swimming activities, but this is an option for groups looking into additional activities.

### **Peak 7 Adventures - Spokane**

14617 N Newport Hwy

Mead, WA 99021

509.467.5550

[info@peak7.org](mailto:info@peak7.org)

[www.peak7.org](http://www.peak7.org)



# Driving Directions

## Post Falls, Q'emiln Park

From I-90:

Take exit 5 and go South on S. Spokane St. Cross over the bridge. On the right, you will see a sign for Q'emiln Park. Turn Right onto W. Parkway Dr. Parking is on the right.

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