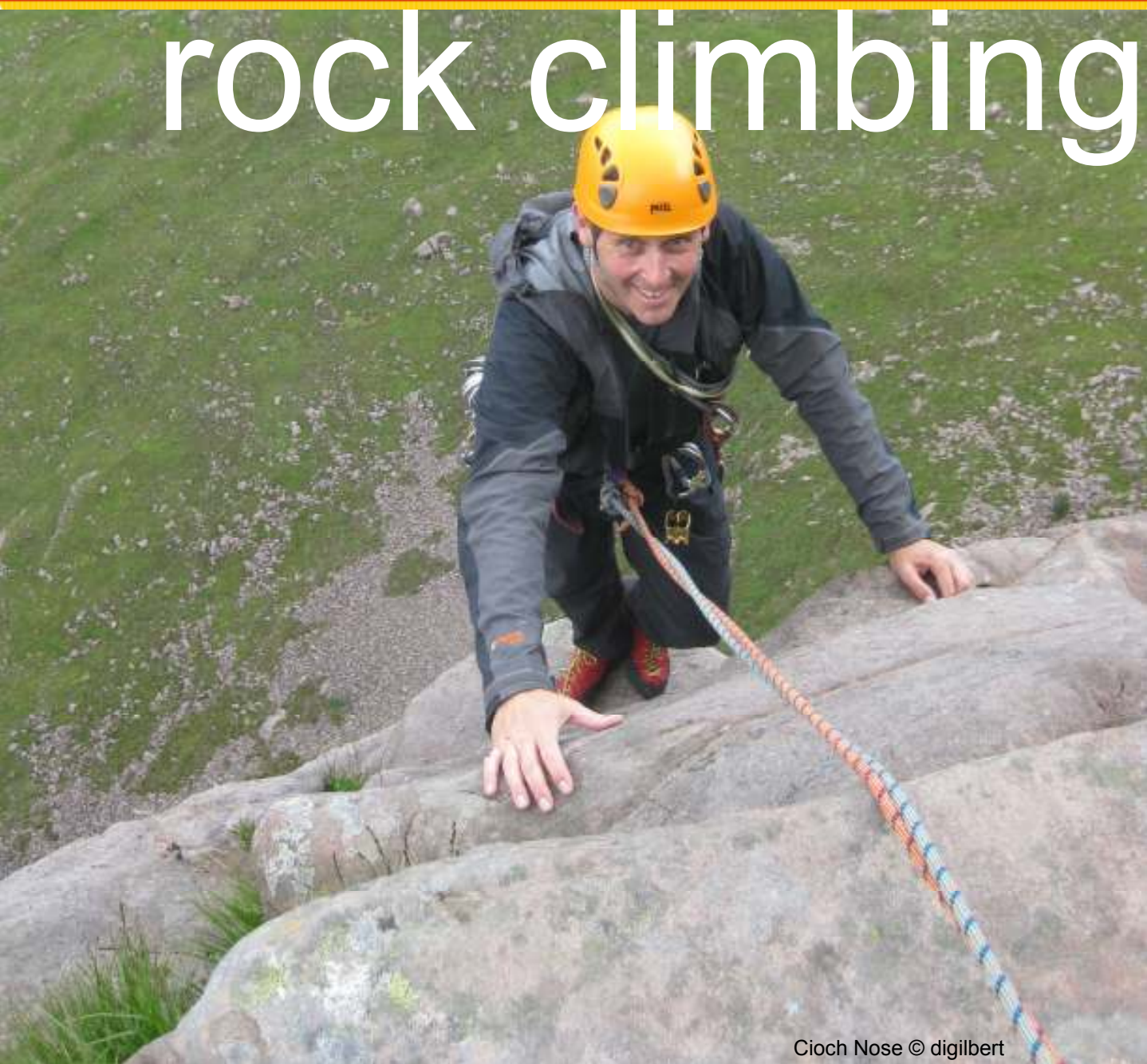


North West © digilbert



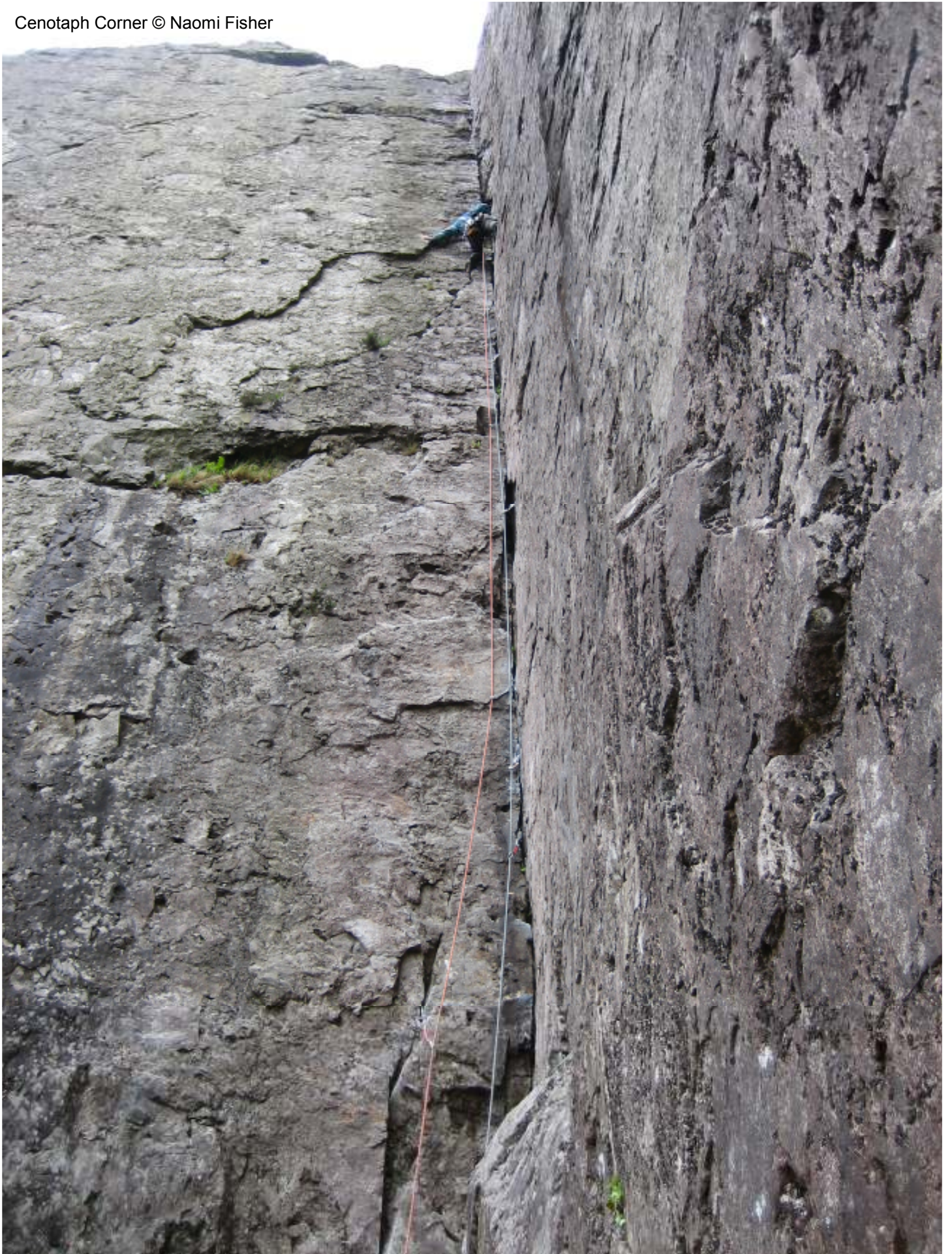
Introduction to

rock climbing



Cioch Nose © digilbert

Cenotaph Corner © Naomi Fisher



Fun fun fun © digilbert



“How do you distinguish between being off-route and putting up a first ascent?” Bruce Bindner.

Introduction

Want to rock climb but not sure where to start? Maybe spent some time on the indoor plastic and want to pursue your new passion outdoors? This is the course for you.

The Course

This is a 5 day introduction to rock climbing. During the course, we will teach you the building blocks to let you become an efficient and safe rock climber.

This course is based in the Cairngorm National Park.

Venues that we might visit include:

Cummingston
Duntelchaig
Kingussie Crag
Coire an t'Sneachda
Pass of Ballater

Dates

We are available from May – Oct for this course.

We meet you on the Monday morning and come up with a game plan for the week. We will have 5 full days out on the rock and finish on Friday evening – normally over a hot chocolate or pint.



Price

£475.00 per person

This price includes instruction/guiding services and any technical equipment required.

Accommodation can be arranged in either a Bunkhouse, B&B or Hotel depending on your personal preference.

Ratio:

This course is run on a 1:2 ratio and requires 2 people to go ahead.

Equipment

Waterproofs

You will need waterproof jacket & trousers. Essential to keep the wind and rain out and the warmth in. I prefer a hard wearing jacket and light weight trousers. Trousers with at least a half leg zip will ensure that they can be put on over boots.

Clothes

I recommend the layering system so that you can easily regulate your temperature depending on what the weather is doing. I tend to wear a thermal (either short or long sleeve) and a mid layer fleece. Over this I'll tend to wear a thin, lightweight and windproof shell. Trousers which can dry out fast are ideal.

I'll also carry a thin pair of gloves and a woolly hat despite even the best weather forecasts. A sun hat is a good idea too for those hot & sunny days. Hats need to fit under your climbing helmet.

Spare Clothes

Apart from clothes that I intend to wear through the day, I'll always carry an extra layer with me. I'm a big fan of the synthetic 'belay jacket' which is a lightweight jacket that can be worn over all my clothes. If you don't have one of these, an extra fleece will suffice. I'll also have a spare pair of big gloves with me.



Rucksack



Roughly 40-45 litres will be fine for this course. You want to be able to comfortably get all your kit inside. I like simplistic designs with a good size pocket in the lid. I highly recommend www.deutergb.co.uk.

Everything in your rucksack wants to remain dry so a waterproof liner is a good idea. I'm a big fan of Exped's Fold Dry bags. Failing this, lots of plastic bags will also work.

Food & Drink

Like any engine, your body needs fuel to perform at its best. Lots of small items that can be munched on throughout the day are ideal. A one litre water bottle should provide enough liquid and/or a flask depending on personal preference.

Footwear



A pair of walking boots can be used for the approach walk into the crags. Depending on the terrain underfoot I might just wear a pair of approach shoes such as those in the Scarpa x-terrain range www.scarpa.co.uk.

I also want a pair of rock shoes that are comfortable enough to wear all day.

First Aid

Any personal medication and a small first aid kit to deal with common problems such as blisters, sunburn and insect bites.

Head torch

A small head torch with spare batteries. Either Halogen or strong LED's are the best.

Emergency kit

A cheap orange plastic emergency bivouac bag which can live in the bottom of your rucksack. A little whistle is good for attracting attention and weighs nothing.

Climbing helmet

Essential for any type of climbing activity. This can be provided if indicated on your booking form.

Climbing harness

This makes things much easier – trust me. This can be provided if indicated on your booking form.

Climbing hard wear

Please feel free to bring along any personal climbing kit you have.



Di Gilbert Mountaineering