

Introduction To Rock Climbing (2 Days)

Is it for me?

The main focus of this two day course is introducing participants to core rock climbing skills whilst enjoying maximum climbing mileage. Most of the course will be based outside with all the climbing action taking place on real rock – weather permitting.

The course runs on a 1 instructor to six participants ratio (1:6). You don't have to have any previous experience of rock climbing although being fit and active would be advantageous.

The actual programme is fairly flexible, with your instructor basing the two days around the topics below, taking into account individual needs and aims, weather etc.

Aim

To develop a solid foundation in core rock climbing techniques, whilst climbing a variety of single pitch rock climbs, such that you will be a competent and self reliant second.

Course Content

You will usually be in a team of six with one instructor. Meeting your instructor on the first morning provides an opportunity to discuss the experience and aspirations of you and the other participants, enabling the instructor to plan the programme around the main topics to be covered. These are:

Individualised coaching to develop and improve rock climbing movement skills.

Putting on and adjusting a harness; tying the climbing rope into the harness.

Belaying using a belay plate in both a bottom and top rope situation - including holding falls and lowering.

Personal abseiling using belay plate and self protection options e.g. using auto block.

Basic rope skills e.g. tying clove hitch, rethreaded figure of 8, coiling a rope.



What Will I Need?

Glenmore Lodge has a large, and very comprehensive store of up to date clothing and equipment. You are welcome to use your own equipment and pick and choose odd items from the store. Your instructor will want to check that personal equipment is appropriate for the activity.

If you are thinking about buying equipment (things like harness, rock shoes etc) but are not too sure what to get we would advise you to come and try our equipment and then make your purchases after the course. We have a range of most equipment items you can try during the course and there is advice on hand from other students as well as the staff.

GLENMORE LODGE CAN SUPPLY:

- ✓ Basic waterproof jackets and trousers
- ✓ Leather Boots
- ✓ Rock Shoes
- ✓ Gaiters
- ✓ Helmets
- ✓ Day & Expedition Sacs
- ✓ Climbing Harnesses
- ✓ All technical climbing hardware & equipment, ropes.

EQUIPMENT YOU NEED TO BRING WHICH WE DO NOT HAVE IN THE STORES.

Listed here are the essentials, this is not an exhaustive list.

- ✓ Informal clothing for leisure wear
- ✓ Warm outdoor wear
- ✓ Insulating layers – at least one mid weight and one warm fleece layer
- ✓ General trekking trousers are recommended, not jeans though.
- ✓ Thick socks (several pairs)
- ✓ Spare fleece/insulated jacket
- ✓ Waterproof jacket (with a good hood)
- ✓ Waterproof overtrousers or salopettes
- ✓ Hat & gloves***
- ✓ Whistle
- ✓ Rucksack liner (or sturdy bin liner) / dry bags
- ✓ Vacuum Flask & Water Bottle ***
- ✓ Box or bag for packed lunch.
- ✓ Blister kit/ small first aid kit
- ✓ Personal toiletries & medications (towels are provided)
- ✓ Suncream – you just never know! ***
- ✓ Spare towel
- ✓ An alarm clock
- ✓ Glenmore Lodge also has a pool, sauna, gym & climbing wall - so don't forget your swimming/gym/climbing kit!

Items marked * are available in our shop subject to availability.**