Introduction to Lead Climbing

Is it for me?

The main focus of this five day course is on developing a confident and competent approach to leading single pitch rock climbs. Most of the course will be based outside with all the climbing action taking place on real rock.

Lead climbing is an inherently risk activity. Even with the best supervision by our experienced instructors there is still the risk of falling and associated injury. All participants should be aware of and be accepting of this inherent risk.

This course is run on a 1 instructor to two participants ratio (1:2) allowing your instructor to 'fine tune' the week to meet participants personal aims and pitch it at a level appropriate to each individual's stage of development.

To get the most from this course you should be a rock climber with indoor wall leading experience or have been seconding a variety of climbs indoors or out.

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

Aim

To develop a solid foundation in lead rock climbing techniques, whilst leading a variety of rock climbs.

Course Content

You will usually be in a team of two with one instructor. In lead climbing situations participants must be willing take some degree of responsibility for their own safety, albeit under the watchful eye of their instructor.

Lead climbing, with the inherent risk of falling no matter how well managed, is risky. You should be aware off and accept these risks. You will therefore be encouraged to discuss with your instructor how you progress from day to day to allow both you and your instructor to manage these risks.

Meeting your instructor on the first morning provides an opportunity to discuss your experience and aspirations enabling the instructor to plan the programme around the main topics to be covered. These are:

Re-cap on core rock climbing skills such as movement on rock and belaying both leader and second (including holding falls and lowering).

Tying into multi – point anchors both in reach and out of reach using the rope alone.

Using rock climbing protection equipment such as nuts, hexes and camming devices and assessing the efficacy of the placements.

Developing lead climbing skills, including psychological coping strategies for managing lead climbing stresses, on a variety of climbs in a progressive and structured manner.

Setting up and using a retrievable abseil, including protecting yourself on an abseil using an auto block.

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 ice axe, boots and crampons) 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
- ✓ Compass - Silva type 4 recommended ***
- ✓ 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.**