

Crazy Singles Crank Fest

Rock Adventure on January 22, 1995

What To Expect

Outline of Topics

techniques
rope systems
safety equipment
knots
belaying
logistics

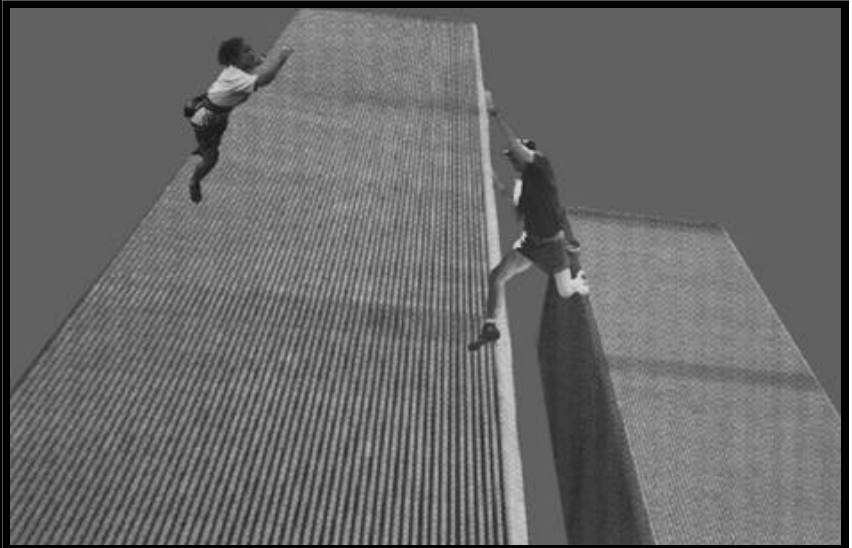
Logistics

food
water
clothes
sunscreen

mission gorge
or
santee boulders

10:00 am meeting time
climb until end of day

questions?
David Goode @ 697.0118



Techniques

slab climbing
face climbing
crack climbing
B.E.A.R.

Rope Systems

the rope
the anchor
tope roping

Safety Equipment

the harness
locking carabieners
belay device ATC
climbing shoes

Knots

single figure eight
figure eight on a bite
follow through figure eight

Belaying

the feeling hand
the brake hand
four-part motion

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