



Rock III

Introduction to Anchoring

This program is the first step in becoming a well rounded climber and moving towards leading and more difficult climbs. We do not spend a lot of time off the ground at all on this course, but rather work with gear and equipment and the theories of anchoring. This course takes you to the stage of being a fully participating member of the climbing team, able to make decisions about anchors and capable of their evaluation. We assume that you have had a fair bit of climbing experience before and know the basics of climbing so we do not spend time on climbing and movement skills.

Itinerary: We have a number of places for this course and the exact location will depend upon the weather and also where you are staying, whether it be near Bishop or Mammoth.

The day will be spent working on gear and equipment: placing and removing it in a "laboratory" setting and connecting placements together to make anchors. We will also work on belay stance management and upping our proficiency and efficiency levels so we can move smoothly and easily on the longer routes.

In a controlled on the ground setting we examine the following:

- Types of protection equipment
- Nut and camming device placement
- Protection removal
- Constructing anchors with webbing, rope and cordelettes
- Using the anchor for belaying
- Stance management and organization
- Rope management

Meeting place and time:

For Mammoth based climbing we start the day by meeting at the Breakfast Club at 7:30 am. This is situated at the south side of the intersection of Old Mammoth Road and Highway 203 (the road to Mammoth from Highway 395). This is the first traffic light you find coming into town. If needed the phone there is 934-6944.

For Bishop based climbing we meet the first day at 7.30 a.m. at the world headquarters of Sierra Mountain Center, 174 W. Line Street, in Bishop. Line Street is an east/west street marked by the southern-most traffic light on Main Street/Highway 395, in town. We're west of the light, on the south side of the street next to the health food store. A large parking lot is located on the south side of the building.

At both places we will meet for breakfast and will have an orientation talk and equipment check.

Dates and Prices: Check the latest brochure, call us or go to our web site for dates and rates. Should minimum participant numbers not be reached you will be given the option of paying our private rate, rescheduling, or cancelling. Price includes guiding and all necessary group climbing gear. We can assist with hotel reservations should you require them.

Ratios: Most of this is on the ground school but to maximize the instruction value we undertake it at a 1:4 maximum ratio.

Prerequisites: Our Rock II or equivalent.

Instructors: Our lead guides are American Mountain Guides Association certified so you can expect the highest level of climbing and safety knowledge combined with solid instructional skills.

Equipment for Rock III; Introduction to Anchoring

The following list is a general guide and will assist you in packing for the program. Please do not hesitate to contact us if you have specific questions regarding equipment and if you need assistance prior to making a purchase. The following list will vary according to the time of year, and your individual requirements.

Items on the list with an * may be rented from SMC

Climbing equipment

- Harness*. An adjustable leg loop type such as the Black Diamond Bod or Wild Things Espresso will accommodate layer changes.
- Helmet. New models such as the Petzl "Helios" or the Black Diamond Half Dome are comfortable and light weight. We provide these for the program.
- Carabiners.* Two locking carabiners (Screwgates are more secure than twist lock style and easier to manipulate).
- Belay/rappel device*. An ATC type is preferred.
- Rock climbing shoes*. These should be sized large enough to wear comfortably all day. We have a selection of rental rock shoes available or can help arrange rentals from Wilson's Eastside Sports or Mammoth Mountaineering Supply.
- Rack and rope. We do provide the necessary equipment but if you have your own gear bring it since you will be more familiar with it. There is no need for a good lead rope, but a short length of old rope is useful.

Other essentials

- Footwear. The approaches to the climbs are rough so you need a pair of sturdy approach shoes.
- Day Pack. Enough to hold everything for the day. About 1200 cu in.

Clothing

Days will probably be warm and sunny, but be prepared for anything. A long pair of climbing pants rather than shorts will avoid scraping up the legs too much and prevent sunburn. Bring a windjacket in case the wind picks up and remember a sun hat.

Etc.

- Sunglasses. Good quality.
- Water Bottles. Two quart (1 liter) wide mouth bottles and or a hydration system holding up to 50oz. (2 liters).
- Camera. Bring film and a spare battery to record those moments.
- Lunch and snacks for during the day.
- Personal toiletries. Include some TP and a bag to pack out the used from the crags.
- Sunscreen and lip screen. SPF 30+. Make sure the lip stuff actually contains a sunscreen. A 1oz. bottle will be enough.
- Bug repellent. Only needed in the early season.
- Food. You will probably eat in town in the evenings, so bring some breakfast foods, lunch and snacks for during the day.