



**Women's
Gym to Crag Climbing
Trip Notes**

Women's Gym to Crag Climbing

Have you been climbing a lot indoors and feel ready to move outside? This course is meant to bridge the gap between indoor and outdoor climbing, providing the knowledge and skills necessary to feel safe and comfortable in a new environment. We will cover climbing technique specific to the locations we go to each day along with reading a route outside, where the holds don't usually stick out like they do in the gym. We will also talk about building and cleaning bolt anchors safely.

The large number of sport climbing crags in the Eastern Sierra make it possible to climb in a different location and on a different rock type each day. However, we will endeavor to be flexible and take into account the weather conditions, other climbers and your personal desires in choosing the day's itinerary.

Itinerary

This course is meant to cover the basics of outdoor climbing, aimed at someone looking to start climbing outdoors with others and on their own. We will meet the first day in Bishop, then carpool to our location for the day.

Over the weekend, topics covered will include:

- Climbing-specific warm up techniques
- Footwork
- Putting a route together
- Visualization
- Mental and physical training for sport climbing
- Equipment selection
- Anchor construction and its safe usage

And of course as much climbing as you are able to handle.

Meeting place and time

We will meet the first day at 7:30 a.m. at the world headquarters of Sierra Mountain Center, 200 South Main Street, in Bishop. We are on the east side of Highway 395 in the second block south of the south most traffic light (intersection of Line Street and Main Street/Highway 395). Or is you prefer just across the Mountain Rambler Brewery. We will do a gear check and distribute group equipment, then carpool to the day's destination.

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 canceling. Price includes professional guiding, permits and all necessary group climbing gear.

Prerequisites

Previous indoor climbing and a basic knowledge of knots and climbing techniques. You should feel comfortable climbing 5.9 in the gym.

Ratios

We keep the ratio of one guide to four participants to ensure adequate instruction and practice time for everyone.

Locations

Our options include:

The Owens River Gorge. With over 600 routes, this area has a tremendous concentration of climbs on andesite and welded tuff rock types. Routes here start at 5.6 and, in contrast to many other sport areas, the greatest concentration of climbs is at the 5.10 level. The Gorge is at low elevation and can be a hot place during summer.

Rock Creek. At 8,000 feet in the Sierra Nevada, the Rock Creek area offers wonderful granite bolted routes. The climbing is varied, requiring a repertoire of skills and techniques. Surrounded by aspen groves, this is a beautiful locale during the month of fall. Routes here start at 5.9 and go upwards.

Clark Canyon. Situated in the Jeffrey Pine forest east of Mammoth, this offers short, steep climbs on pocketed tuff and some cracks. It is a lot cooler than the low elevation crags in mid-summer. There is range of climbs from 5.6 upwards.



200 South Main Street, P.O. Box 95, Bishop, CA 93515

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Your Guides and Instructors

We value the professional training provided by the AMGA (American Mountain Guides Association) and your guides will be AMGA certified or involved in the certification process.

Accommodation

We suggest using a local Bishop hotel or camping in the nearby area (there is plenty of inexpensive or free camping to be had). Email us for our suggestions.



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Equipment List for Womens Gym to Crag Climbing Clinic

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 or if you need assistance prior to making a purchase. The following list will vary according to the time of year, and your individual requirements. When packing **THINK LIGHTWEIGHT!** Items with a * can be rented from SMC.

Climbing equipment

- Harness.* We recommend a comfortable rock climbing style harness.
- Helmet. Should be comfortable and lightweight. We provide these for the program if you do not have your own.
- Carabiners.* Four locking carabiners (2 HMS/pear shaped); 4 non-locking.
- Belay/rappel device.* A tube/plate style device, ATC style with guide mode. In addition, it is advantageous to have an assisted braking device such as Petzl GriGri 2/+ or Edelrid Mega Jul.
- 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 Eastside Sports or Mammoth Mountaineering Supply.
- Chalk bag.

Other essentials

- Footwear. The approaches to the climbs can be rough so you need a pair of sturdy approach shoes. This could be a climbing-specific approach shoe or a hiking shoe.
- Daypack. A pack of 25-35 L is plenty big enough.

Clothing

We will discuss exactly what to bring when we meet. Have these items with you so you are prepared for any possible weather conditions.

- 2 pairs of socks for the weekend.
- 1 mid-weight long-sleeve top. Capilene, Merino or other synthetic.
- 1 pair of long-johns or tights. Capilene, Merino or other synthetic.
- 1 warm pair of pants.
- 1 warm shirt. Synchilla or 200 weight works well.
- 1 warm jacket. A down jacket is preferred with around 800 fill.
- Waterproof Jacket and Pants - Lightweight and non-bulky. Side zips on the pants should be long enough to slide on over boots. Jacket must have a hood.
- 1 pair of climbing pants.
- 1 long-sleeve sun shirt. We recommend a "hoody" style though anything that covers your arms and is synthetic is great.
- 1 short-sleeve T-shirt. Synthetic, not cotton, so it can dry quickly and wick sweat from your body on sweaty, but windy, days.
- 1 lightweight pair of polypropylene or similar gloves.
- 1 warm hat/beanie. Synthetics are less itchy than wool.
- Sunhat. Better to cover up than just rely upon sunscreen.

Etc.

- Sunglasses, high quality with keeper leash. Wrap-around or a type with side shields are recommended. If you wear corrective glasses you might want a second pair.
- Water Bottles. Two quart (1 liter) wide mouth bottles and or a hydration system holding up to 50oz. (2 liters).
- Camera/phone camera.
- Personal toiletries. Include some TP and a bag to pack out the used from the crags.
- Sunscreen and lip screen. SPF 30+. A 1oz. bottle will be enough. Make sure the lip stuff actually contains a sunscreen.
- Bug repellent. Only needed in the early season.

Food

- You are responsible for water, snacks and lunch for both days.

Shared equipment provided by SMC

- Ropes
- Lead climbing equipment
- First aid kit

Optional, bring these if you have them

- Soft goods: A double length (120cm) nylon sling; 6 quickdraws and 6 alpine draws; PAS or equivalent; 1 pre-cut prusik cord (42in); 1 cordelette (7mm, 25ft).
- If you own any personal climbing gear you would like to get used to, including anchor building material, trad gear, etc, please bring along! It's advantageous to learn with the gear you will be using.