



**Women's Trad
Climbing Clinic**

Trip Notes

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Stuck clipping bolts? Continually reading about stellar trad routes across the grand Sierra landscape? This is the course for you! Geared towards the advancing sport climber, our single pitch trad clinic teaches the skills needed to take on some of the amazing classics you've been eying, from Joshua Tree to the High Sierra.

This course will move you into the traditional climbing realm. You will learn how to use passive and active gear, different climber and belayer techniques, how to build and clean anchors, and descending techniques. Discussions will include trad climbing ethics and deciphering guidebooks.

Our ideal location in Bishop, CA offers the best granite crags in the eastern Sierra including Pine Creek Canyon, Rock Creek and Benton Crags, allowing for ideal and varied learning environments.

Itinerary

Day 1: After meeting at the SMC office, we will carpool to the days location. For this day, our main focus will be building on the basic climber/belayer foundation, ensuring everyone is adept at lead climbing and belaying (both with plate style and assisted braking devices). Then we will focus on different types of active and passive gear: how to place and remove them, and leading and following considerations. In a ground school, all will learn the various ways to construct an anchor on bolts and gear as well as the different cleaning methods depending on the anchor set-up. Discussion topics will include crag etiquette, interpreting guidebooks and on-line info, and variability with rock type and gear.

Day 2: After meeting we will head out to build upon and reinforce skills. Each participant will also build a trad anchor, clean a route at a bolted station, and then descend via rappel.

We have a wide range of locations in a close area, and where we go will depend upon weather at the time. Some of our locations include:

Pine Creek: A wide range of both sport and trad routes at all grades, just a short drive from Bishop.

Benton Crags: Our favorite high elevation crags, a scant two minutes walk from the vehicles. Here we have numerous trad climbs and top ropes as well as routes we can split into short pitches to focus on the techniques of setting up anchors and belay change overs.

The Buttermilks: Although known as a bouldering area, there are also routes here and it is also an in deal place for "ground school". Here we can work on placing and removing protection and building anchors at ground level.

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.

Our second morning we plan to meet at 7:30am at Bishop's fabulous local coffee shop, Black Sheep Coffee Roasters. This is located on the east side of North Main St, just north of the junction of Line St.

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 and outdoor sport climbing experience and a basic knowledge of knots and climbing techniques. You should feel comfortable leading up to 5.9 sport climbs outdoors.

Ratios

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

Location

This course takes place at some of the best locales in the eastern Sierra including Pine Creek Canyon, Rock Creek and Benton Crag, allowing for variable learning environments and varied climbing. These might entail a drive of 20 to 40 minutes depending upon the preferred location. We will decide exactly where we climb depending upon weather and the group's desires.

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.

Equipment List for Women's Trad 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 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.