



Rock III: Introduction to Anchoring

Trip Notes

Rock III: Introduction to Anchoring

This program is for climbers looking to become comfortable building anchors in top rope and/or multi-pitch settings. The fundamentals are the same, and we will cover considerations for both.

We will focus on gear, equipment and natural and artificial anchoring principles. You will leave with the knowledge to feel comfortable outside individually, and the confidence to discuss anchor systems with climbing partners. You will better understand different anchor configurations and be capable of their evaluation. Though we may climb, we do not spend time on climbing and movement skills during this course.

Itinerary

The day will be spent working with 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 increasing 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:

- Active and passive protection placement
- Protection removal
- Anchor construction with webbing, rope and cordelettes
- Belay management
- Natural anchoring
- Stance management and organization
- Rope management

Meeting place and time

Course location will depend upon weather and conditions at the time.

For Mammoth based climbing we meet at the Mammoth Welcome Center in Mammoth Lakes at 8:00 am. From Highway 395 take the Mammoth Lakes exit and follow the signs into town. The Mammoth Lakes Welcome Center is a few miles from the highway on your right (along with the US Forest Service). The address is 2510 Main St, Mammoth Lakes, CA 93546. If you get to the first traffic light you have gone too far.

For Bishop based climbing we will meet the first day at 8:00 am 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 meet for an orientation talk and equipment check, then proceed to our location for the day.

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 guiding and all necessary group climbing gear.

Ratios

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

Prerequisites

You should feel comfortable top roping, tying in and belaying. Our Rock I: Introduction to Rock Climbing and/or Rock II: Introduction to Multi-pitch Climbing, or similar courses, would be beneficial.

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.

Equipment List 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 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!**

Climbing equipment

- Harness.* Comfortable rock climbing style.
- Helmet. 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 items can be rented from SMC. Use our PDF or online form.

Other essentials

- Footwear. A climbing-specific approach shoe or a hiking shoe.
- Daypack. 25-35 L pack.

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. Synchronia 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. If you wear corrective glasses you might want a second pair.
- Water Bottles. Two 1L bottles or a hydration system holding up to 2L.
- 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+. Make sure the lip stuff actually contains a sunscreen.
- Bug repellent. Only needed in spring and early summer.

Food

- You are responsible for water, snacks and lunch for the day.

Shared equipment provided by SMC

- Ropes
- Climbing equipment
- First aid kit

Optional, bring these if you have them

- 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.