



**Rock I:
Introduction to Rock Climbing**

Trip Notes

Rock I: Introduction to Rock Climbing

If you have never climbed before, we offer one day trips to give you a taste of what rock climbing is all about! The aim is simply to have fun on the rocks. This program is designed for individuals, families with kids, or a group of friends. All you need to bring is lunch and enthusiasm; we will provide everything else. We offer daily programs by request year-round. If you have your own gear, please bring that so you can gain comfort in using it.

This program is the first in our progression of rock climbing courses. The information learned serves as a foundation for other courses we offer, as well as for your own personal climbing in the outdoors.

Location

Our scheduled, one day programs take place in the Mammoth area in the summer and fall and the Bishop area during the colder months. Common locales include Horseshoe Slabs in the Lakes Basin above Mammoth, the Benton Crags, or Buttermilk area near Bishop. The location varies depending on weather.

Itinerary

Our goal is to have fun and familiarize you with the basics of climbing. This includes:

- Rock climbing equipment and use.
- Belaying/managing ropes.
- Movement on rock.
- Lots of climbing practice.

Meeting place and time

We will work with you to set up the exact location for the course. This can depend upon where you are staying, whether it be Mammoth or Bishop, as well as the prevailing weather conditions. The Bishop area tends to be warmer and while great in the spring and fall is a place to avoid in mid summer. Conversely, the Mammoth area is best in mid summer, but can be cold in early spring or late fall.

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.

At both places we will meet for an orientation talk and equipment check, then proceed to the climbing area from there.

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.

Prerequisites

No prior experience is required though you should be in fair to good physical condition.

Gear and Equipment

This introductory course provides all of the climbing gear you need.

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 I: Introduction to Rock Climbing

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 * are PROVIDED for this introductory course.

Climbing equipment

- Harness.* Comfortable rock climbing style.
- Helmet.* Comfortable and lightweight.
- Carabiners.* Four locking carabiners (2 HMS/pear shaped); 4 non-locking.
- Belay/rappel device.* A tube/plate style device, ATC style with guide mode.
- Rock climbing shoes.*
- Chalk bag - optional.

Bring your own equipment if you have it.

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.

- 1 pair of socks.
- 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. Synthilla 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.

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