

So you're interested in lead climbing ?

Great! We can't wait for you to explore new terrain and take your climbing to the next level. Before you get going, please review the information below prior to embarking on your journey.



Equipment Check List

- ✓ Harness approved by UIAA (International Climbing and Mountaineering Federation)
- ✓ Dynamic lead climbing rope (not required for a Climb Lead Clinic)
- ✓ Grigri (Grigri 2 or newer model is required in Climb facilities)
- ✓ Climbing shoes
- ✓ Chalk bag

Harness

Fit: Waist belt and leg loops should be snug so that the harness cannot be pulled down over the climber's hips.

Use: Harnesses that do not meet the manufacturer's specs should not be used.

Examples include:

- Too old
- Altered in any way
- Too worn out



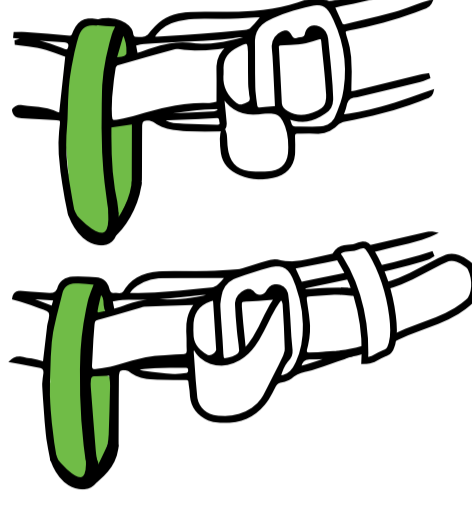
Harness Components

Belay loop: The belay loop is strongest point on the harness. We use the the belay loop for "hard" materials such as carabiners.

Tie-in points: Tie-in points on the harness are typically used for "soft" materials to reduce risk factors associated with wear from friction.

Buckles: The webbing on all waist belts and leg loops must be "double backed" (Look for a "C" on the buckle for "closed". A "D" on the buckles stands for "Danger").

Many harnesses do not have adjustable leg loops but must be sized properly.



Harness Inspection

1. Check the leg loops, waist belt, belay loop and tie-in points for any fraying, tears or excessive wear
 2. Look for discoloration or sun-fading
 3. Check the metal buckles for cracks or burs, which may cause damage to the harness fabric
 4. Ensure that each gear loop is intact
- If any critical point of the harness has excessive wear, the harness needs to be retired!*

Belay Devices

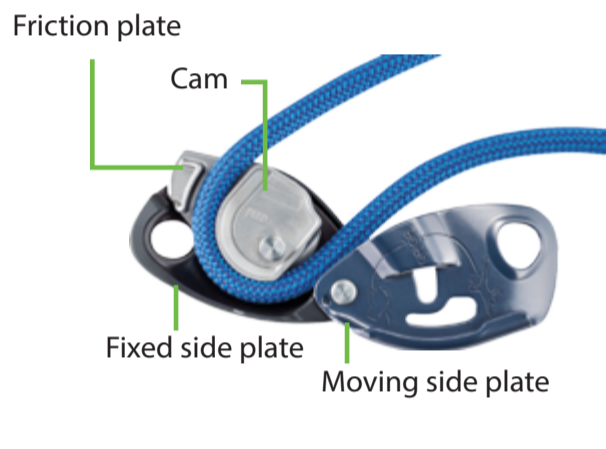
Why do we have a Grigri only policy at Climb?

As a risk management tool! What if your belayer is incapacitated, distracted, or unable to perform their belay functions properly? Redundancy is key!

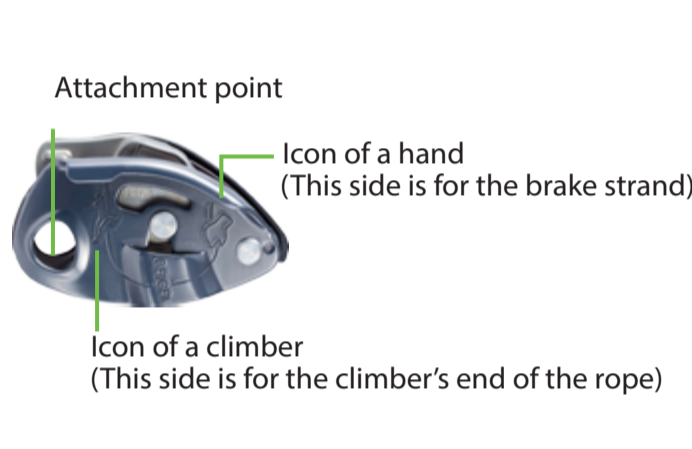
- Grigris are the most recognizable assisted braking device.
- Grigris are hung on all Climb top ropes.
- Consistency aids in risk management.

Anatomy of a Grigri

Front Open



Front Closed



Using a Grigri

It's important that everyone using a Grigri is familiar with proper belay techniques.

For that, we go straight to the source!

[Watch Video](#)

Ropes

Why dynamic ropes?

A dynamic rope reduces the load on the system and the climber in the event of a fall. The greater the stretch of the rope, the more dynamic it is.

Anatomy of a rope

The sheath is the protective, braided cover of the rope that protects the core and adds strength and shock absorption.



Diameter
Thicker ropes are more durable while thinner ropes are lighter. Typically, the skinner the rope, the more stretch it will have. It is important that the diameter of the lead climbing rope aligns with belay device specifications.

Dry coating
Some ropes come with a dry coating on the sheath which can keep the core from getting soaked. While these are often nice for wet climbing objectives (ice climbing), they can also increase the lifespan of the climbing rope as it keeps dirt and grime out of the core.

Length
40m, 50m, 60m, 70m, and 80m are all common rope lengths.

40m-50m ropes are most common for gym use.

60m-70m ropes are a common length for climbing outside in the United States.

80m is a great rope length for traveling to international destinations where you may be climbing longer routes.

Markings
Mid-markers and patterns on ropes help you find the half-way point on your rope and differentiate the ends.

Rope Inspection

Visually inspect your rope, looking for frayed areas on the sheath or an exposed core. If you can see the core at all (the white inner strands underneath the colored sheath), it is time to retire/trim your rope.

Do a Tactile Inspection

Slowly flake (organize) the rope from end to end, looking for any soft or flat spots. Those spots will most commonly be found in the 20 feet closest to the ends of the rope, as these are high wear and tear areas. If you feel a flat or soft spot, you need to test for a coreshot. Create a small bight in the rope (fold it into the shape of a little alien head) where the weakness is, and see if you can touch both sides of the rope together without any gap in between. If you can, the rope is coreshot.

Even a rope that shows no visible signs of damage it eventually needs to be retired. Here are some approximate guidelines:

	Average Usage	When to Retire
Frequent Use	Weekly	1 year or sooner
Regular Use	2-3 x per month	1 - 3 years
Occasional Use	1 x per month	4 - 5 years
Rare Use	1-2 x per year	7 years
Never Used	Never used	10 years

** After a fall with extreme loads or other damage: retire immediately **

Proper Storage

Rope bags are helpful for the transportation of your rope. They help keep your rope safe and clean while in storage by keeping debris out of the sheath and core.

When not in use, be sure to store your rope in a clean, dark, dry place.

Common Hazards



Quickdraws

Quickdraws are used to connect your rope to protection while you are lead climbing.

Straight-gate carabiner: This carabiner is used to clip into an anchor point. The gate may be solid or wire.

Dog bone: The dog bone is a sling connecting the two carabiners.

Keeper: This is a small rubber piece to help prevent lower carabiner from rotating.

Bent-gate carabiner: This carabiner is used to clip into the rope. It may be either solid or wire gate.



We hope you learned something from this lead climbing information guide. We look forward to working with you during your lead clinic. It's time to take your climbing to next level.

See you on the wall!