

This course is about staying safe and learning as much as possible about the pursuit of climbing in the outdoor environment to give you the confidence to head out and explore on your own. We will visit as many crags as possible, include bouldering, sport climbing and trad climbing as well as abseiling and staying safe. This is a fun course and quite high energy with lots of activities rather than a skills based course.

Duration; 2 days

Numbers; maximum 6 participants

It includes:

- Risks and mitigations
- Climbing equipment and its use, storage and maintenance
- Use of a guide book
- Safe anchors and belay points for top roping
- Knots, uses and best practices
- Safe belaying for top roping
- Climbing calls and communication
- Basic movement skills
- Quality climbing.....and lots more

It also includes:

- Full insurance cover whilst you are participating on the course
- The borrowing of and use of any specialist equipment

Due to the fickle nature of British weather I do not stipulate where we will be working from until the day before – please ensure you keep in contact with me. It will be within an easy drive of Bristol.

WHAT TO BRING

- A large rucksack (bigger is better) to put ropes and the following in.
- Appropriate clothing.
- Food and drink for the day.
- Climbing equipment if you have it. I am happy for people to use their own kit but will reserve the right to swap it out for something of mine if it is not suitable – there is no charge for this.
- A camera.

If you have any questions then please get in touch and we hope you enjoy the day.

It doesn't include:

- Course cancellation insurance
- Insurance whilst travelling
- Accommodation or travel or food.