

This course is designed to give you the confidence to lead safely and competently. Leading is the process where you climb without “pre-placed” gear, bolts or a safety line from above and take your life, literally into your own hands. It is dangerous but the rewards of climbing in this manner are significant.

Duration; 1 day

Numbers; maximum 4 participants

It includes:

- Risks and mitigations
- Climbing equipment and its multiple uses
- Safe anchors and belay points for top roping
- Knots, uses and best practices
- Safe belaying for top roping
- Safe gear placing
- Loading gear and successful retrieval
- 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
- High quality instruction

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 it is not suitable – there is no charge for this.

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.