

Adventure Unlimited

Crag Skills Course

This course will instruct you in the skills required to climb safely on single pitch crags. During the course you will climb on top-rope, and learn in a practical and realistic manner on the crags around the Peak District. Note: This course does not cover lead climbing, but is an introductory course especially designed for those with experience of climbing indoors.

Topics covered by the course are:

- Route choice
- Types of anchor or belay set-up
- Setting up a top-rope
- Belaying
- Gear placement
- Lots of gritstone climbing!!

Programme-Day 1

START TIME 9.30 am Saturday

MEETING PLACE Padley Farm B+B
Dungworth Green
Sheffield
S6 6HE

Programme-Day 2

START TIME 9.30 am Sunday

MEETING PLACE To be confirmed on day 1.

Equipment Required

Key: ✓ = "required" ** = "recommended but not required"

Equipment Required	✓
Water bottle (at least 1 litre)	**
Rock climbing boots	✓
Belay device	✓
Rock climbing leading equipment	**
Harness	✓
Helmet	**
Climbing guidebook/s	✓
Warm socks	✓
Thin fleece tops / appropriate warm inner shell clothing	✓
Water proof jacket + trousers	✓
Woolly/fleece hat	✓
Rucksack	✓
Insect repellent/sun screen	**
Packed lunch	✓
Thermos flask	**
Extra chocolate/rations	**

Harnesses, belay devices, climbing shoes, crampons, and axes can be borrowed from Adventure Unlimited. Please book these items prior to the course. Any losses will need to be replaced.

Any course cancellations due to lack of participants will be made no later than 10 days prior to the course start date. If this situation does occur then an alternative date will be given or a full refund made.