

# Adventure Unlimited

## Lead Climbing Course

This course will instruct you in the skills required to lead safely on single pitch crags. During the course you will climb and learn in a practical and realistic manner on the crags around the Peak district. We would expect that course participants will have completed our Crag Skills Course, or are experienced at seconding climbs outside.

Topics covered by the course are:

- Route choice
- Types of anchor or belay set-up
- Lead belaying
- Single and double rope technique
- Stance management
- Tying off
- Lots of gear placement!!

### 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"

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

**Harnesses, belay devices and helmets 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.