

# Adventure Unlimited

## Multi-pitch Climbing Course

This is the course you need for an introduction to multi-pitch climbing! During the weekend course we will lead you up multi-pitch rock climbs on the mountain crags of Snowdonia, and the local sea cliffs. To get the most out of this course we would recommend that you have completed an Adventure Unlimited Lead Climbing Course, or have experience of leading on single pitch climbs.

Topics covered by the course are:

- Route choice
- Multi-pitch anchors
- Double rope technique
- Multi-pitch abseiling
- Stance management
- Rescue techniques

### Programme-Saturday

TIME 9.30 am

MEETING PLACE To be confirmed on Day 1.

### Programme-Sunday

TIME 9.30 am

MEETING PLACE To be confirmed on Day 2.

## Equipment Required

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

<b>Equipment Required</b>	✓
1 – 3 Season walking boots	✓

Water bottle (at least 1 litre)	✓
Rock climbing boots	✓
Belay device	✓
Rock climbing leading equipment	**
Harness	✓
Helmet	✓
Climbing guidebook/s	✓
Warm socks	✓
Long sleeve mid layers	✓
Selection of thin fleece tops / appropriate warm inner shell clothing	✓
Water proof jacket + trousers	✓
Gloves	✓
Warm woolly/fleece hat	✓
Head torch	✓
Rucksack with waterproof liner	✓
Insect repellent/sun screen	**
Packed lunch	✓
Thermos flask	**
Extra chocolate/rations	**

**Harnesses, belay devices, crampons, helmets 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.