



Intro to Rock Climbing Course: Syllabus and Gear List

Description of the course:

This clinic is intended to provide students with the foundational skills of outdoor rock climbing. Modules include theory and practice sessions to allow safe, sufficient and varied practice.

Key skills reviewed during the course:

- Use and care of climbing gear
- Climbing knots
- Climbing movement
- Top Rope Belaying
- Safety Checks and protocols
- Climbing etiquette

Prerequisites for this course:

- All our students must print and sign the EC liability waiver ([Click here to download](#))
- Students must be able to hike with a backpack for ~2mils over uneven terrain
- No previous climbing experience required

(For questions about prerequisites please feel free to reach out to us at info@everybodyclimbs.org)

List of gear required:

- **Personal miscellaneous**
 - Backpack (20 lts or more). Each student will be required to carry their personal gear
 - Layers
 - Water (At least 2 lts/day recommended)
 - Lunch + Snacks
 - Sun protection (Sunglasses + Sunscreen)
 - Appropriate shoes for the approach (Closed toe shoes required)
- **Climbing Gear Required**
 - Climbing Helmet
 - Climbing Harness
 - Climbing Shoes
- **Optional Climbing Gear**
 - Tubular belay device (ATC guide or petzl reverso recommended) with HMS locking carabiner
 - Grigri belay device
 - Chalk + Chalk bag



Note on gear:

We understand climbing gear is expensive. For that reason, we are providing Helmets, Harnesses and Shoes free of charge. If you find it challenging to acquire any of the gear required for this clinic, please reach out to info@everybodyclimbs.org so we can help you out.

Gear Discount at the Mountain Shop - PDX: Starting 2022 the **Mountain Shop** in Portland will be providing a 10% discount on gear to all our students. Students must show their confirmation e-mail at check out to claim this benefit.