



Self-rescue 101: Syllabus and Gear List

Description of the course: This course is intended to provide students with tools to improvise solutions when things don't go according to plan. Self-rescue 101 aims to cover most common self-rescue scenarios in climbing like dropping your atc or rappelling past the anchors

Key skills reviewed during the course:

- Improvised rappels and tethering options
- Ascending climbing rope
 - Ascending a fixed rope (Falling on a traverse scenario)
 - Ascending rope after rappelling past the anchors
- Belay transfer on the ground

Prerequisites for this course:

- All our students must print and sign the EC liability waiver ([Click here to download](#))
- Must be able to hike with a backpack for ~2 miles and back over uneven terrain
- Ability to climb 5.8 on top rope without falling
- Must have lead climbing and lead belaying experience
- Student must know how to tie into the rope using a figure 8 knot
- Understanding climbing commands and safety protocols

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

List of gear required:

- **Personal miscellaneous**
 - Backpack (20 to 30 lbs). 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
 - 1x 60-70mm climbing rope (optional)
 - 1X 7mm by 5mts cordelette
 - 4X HMS locking carabiners
 - 2X D shaped locking carabiners
 - 1X Prusik Loop (6mm by 1 meter nylon cordelette of Sterling Hollow Block)
 - Tubular autoblocking belay device (ATC Guide or PTZL Reverso) with HMS locking carabiner
 - Grigri belay device
 - Chalk + chalk bag (Optional)



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.