

JUMARING

Jumaring is a technique used in mountaineering, rock climbing, and caving to ascend a fixed rope using a mechanical device known as a jumar or ascender. The term "jumaring" comes from the brand name Jumar, one of the first widely available mechanical ascenders, but it has since become a generic term for the technique.

Jumars grip the rope when weight is applied and allow the climber to slide them upwards without slipping back down.

Types of Jumars:

While the basic function of a jumar is the same across different models, they come in a few variations depending on the specific application:

- **Handled Ascenders:**

These are the most common type, designed for a comfortable grip and usually have a trigger that opens the cam to allow easy attachment to the rope. They are used for rope ascents and are often equipped with a place to attach a carabiner for safety.

- **Chest Ascenders:**

These are smaller, compact ascenders attached to the climber's harness near the chest. They help to maintain an upright position while ascending.

- **Foot Ascenders:**

These are used on the feet to help push up on the rope while climbing, often used in conjunction with handled or chest ascenders.

How to Perform Jumaring:

Step by Step Process:

- **Preparation:**

- Ensure that the rope is securely anchored and free of obstructions.
- Attach your harness and check all your gear.

- **Attaching the Jumars:**

- Attach the handled ascender to the rope above you. The cam inside the ascender will grip the rope when weight is applied.
- Attach a foot loop (also known as an étrier) to the ascender and place your foot inside it. If using a chest ascender, clip it onto the rope just below the handled ascender.

- **Ascending:**

- Slide the handled ascender up the rope while standing in the foot loop.
- Pull the handled ascender up with your hand while simultaneously stepping up in the foot loop.
- Slide the chest ascender up as you move upward.

- If using a foot ascender, push it up as you ascend.

- **Repeating the Process:**

Continue this "step and slide" motion to ascend the rope.

Safety Measures:

- Always have a backup safety system in place, like a secondary ascender or a prusik knot.
- Regularly check that the ascenders are securely attached to the rope and functioning correctly.

Where is Jumaring Used?

- **Big Wall Climbing:**

Jumaring is essential for ascending long vertical sections of rock where free climbing is not possible.

- **Glacier Travel:**

Climbers use jumars to ascend fixed ropes on steep ice or snow slopes, particularly on challenging sections of a glacier.

- **Caving:**

Jumaring is used to ascend fixed ropes in vertical cave systems.

- **Rescue Operations:**

Rescuers use jumars to ascend ropes quickly and efficiently in search and rescue operations.

- **High Altitude Expeditions:**

On technical peaks, especially in the Himalayas, fixed ropes are often set up on the more dangerous or difficult sections, and climbers use jumars to ascend these ropes.

Conclusion:

Jumaring is a critical technique in the toolkit of any serious mountaineer or climber, enabling safe and efficient rope ascents in a variety of challenging environments. Mastery of this skill is essential for those venturing into high altitude climbs, big wall routes, or technical ice and snow climbs

NOTES