



Intro to Trad Climbing

Welcome to the wonderful world of traditional climbing! This is the art of placing your own gear for protection to clip your rope into on climbs. Gear placement practice will be all done on top rope. Our trad climbing course will include gear overview, setting gear, anchors, and rope management. This class will consist of one quarter day for Ground School in Seattle and the next full day will be held outside at a local Seattle area crag (most likely Exit 38 or 32 off I-90). Round out your trad experience with must needed knowledge of crack climbing with our Cracknique course.

*Trad rack not required. If you have a rack, feel free to bring it.

Pre-Requisites:

Taken Introduction to Toprope from Climbers of Color

OR

Taken Introduction to Sport Leading from Climbers of Color

OR

Knows how to top rope belay safely

Knows how to tie oneself in to the rope for climbing

Can perform safety checks before climbing

Student Equipment (minimum)

1. Harness
2. Helmet
3. Rock climbing shoes
4. Personal anchor system (120 cm nylon sling, Sterling Chain Reactor, Metolius PAS, Petzl Connect Adjust, etc)
5. One 20 foot section of 7mm cordelette

Student Equipment (optional)

1. Belay device and locking carabiner
2. Trad rack (cams and nuts)
3. Nut cleaning tool
4. Alpine draws (carabiners with Dyneema slings)
5. Belay goggles



All trad gear will be provided. We do have a gear library that includes harnesses. Climbing shoes and helmets may be rented at [REI](#). Youth who are POC may borrow shoes from our [free youth shoe library](#). Youth shoes may be borrowed beyond the duration of the course(s).

A list of recommended gear will be provided upon registration for the course.

General Progression Overview:

1. Types of gear
2. Setting/cleaning gear
3. Anchors
4. Rope line
5. Miscellaneous: leg behind rope or in crack, fall factor, slack in system
6. Mock lead on top rope outdoors

Language

Certain language and cultural norms of the mainstream climbing community are not acceptable in our climbing classes. This is not an all encompassing list, nor is it here to chastise: we are all here to learn together. It takes a group effort to make an inclusive space.

- belay [slave](#): say *Dedicated Belayer/Designated Belayer*
- [biner](#): say *Carabiner*
- [bomber](#): say *Solid/Strong/In tight*
- [Chinese virus](#): say *Novel Coronavirus/Coronavirus/COVID*
- [crazy/insane/nuts/psycho](#): say *Unreal/Ludicrous/Dreamlike*
- [fireman](#)'s belay: say *Firefighter's belay*
- girlfriend climb: *Describe the climb as a warm up or easy, etc*
- [guys](#) (when referring to a mixed gender audience): say *people/everyone/folks/team/you all/etc*
- [savage](#): say *Cool!/Awesome!/Rad!/¡ Venga!/Crushing!Nice!So strong!/Wild!/Unreal!/etc*
- [sketchy/shady](#): say *Scary/Nervy/Challenging/Unsure/Downright dangerous*
- gear/climbing [junkie/fiend](#): say *Gear/Climbing Enthusiast/Gear Collector*
- Seattle [native](#): say *Seattle born and raised*



We encourage you to bring your own culture and swag into the language as long as it is not rooted in another's oppression or humiliation. Have fun with the language!

Day 1: Ground School (Quarter Day)

Ground School Progression Overview:

1. Types of gear
2. Setting gear/cleaning
3. Anchors
4. Rope line
5. Miscellaneous: Leg/appendages behind rope, back cleaning, bumping

Day 2: Crag Day (full day)

Crag Day Progression:

1. Review of trad anchor
2. Review of natural anchor
3. Mock lead on top rope and/or with short practice rope
4. Placement technique on top rope with partner mock belaying
5. Cleaning gear: cams and nuts