



Intro to Multi Pitch Climbing

Have you ever wanted to climb higher? How did those climbers get so far up that wall? Take our Intro to Multi Pitch Climbing to find out! Multi pitch climbing allows higher climbing that exceeds the length of your rope by going up one "pitch" at a time, stopping at belay anchors in between. You will have the option to focus on trad or sport multi pitch.

We will review sport/trad anchors, learn how to belay a partner up after your lead climb, rope management, descend multiple pitches via rappel, and learn essential rescue skills when at height. This class will consist of two full days of instruction outside at Smith Rock State Park in Oregon. Day one will focus on ground school learning essentials of belaying, transition, and rescue with an optional climb if time allows. Day two will be applying those skills to climbs.

Maximum 2 students per instructor. Spots will go fast, sign up soon!

*We can provide all equipment for trad, no trad rack required. Please let us know in your application whether you would like to focus on trad or sport multi pitch.

Pre-Requisites:

1. Introduction to Sport Leading class taken from Climbers of Color
2. Able to top rope a 5.9 sport climb
3. Familiar with rappelling (supervised or unsupervised)

OR

1. Introduction to Trad Climbing class taken from Climbers of Color
2. Able to top rope a 5.6 trad climb
3. Familiar with rappelling (supervised or unsupervised)

OR

1. Able to top rope 5.9 sport and/or 5.6 trad
2. Know how to use a belay device for lead belaying (Grigri or tube style device)
3. Knows how to tie oneself in to the rope for climbing
4. Familiar with rappelling (supervised or unsupervised)
5. Can perform safety checks before climbing
6. Familiar with various anchor systems

Student Equipment (minimum)

1. Harness
2. Helmet
3. Rock climbing shoes (non aggressive, should be comfortable to stand in for long periods)
4. Personal anchor, 1 minimum (double length nylon sling, Sterling Chain Reactor, Metolius PAS, Petzl Connect Adjust, etc)



5. Two 20 foot sections of 7mm cordelette
6. Tube style belay device (ATC, Pro Guide Lite, Mammut Alpine Smart Device, MegaJul, Reverso, etc)
7. 4 locking carabiners
8. Rappel backup (7mm cordelette, Hollowblock, etc)
9. Small backpack (big enough to fit an extra layer, water, and street shoes into). Should allow climbing movement easily

Student Equipment (optional)

1. Quickdraws (if wanting to do sport)
2. Cams, nuts, nut tool, and alpine draws (if wanting to do trad)
3. Dynamic rope
4. Grigri
5. Top rope anchor system (setup for sport or trad)
6. WAG bag

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.

Day 1: Ground School

Ground School Progression Overview:

1. Communication
2. Anchor review (sport and trad)
3. PA and anchor safety
4. Belay devices for top managed belay
5. Rope management
6. Basic hauling
7. Anchor belay transitions
8. Lowering
9. Cleaning/rappelling review



Day 2: Crag Day

Progression Overview:

1. Climb objectives and integrate new skills into climbs

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!