



A Beginners Guide To How Rock Climbing Works



Bouldering



This requires the least amount of time to get climbing.



Only need a small pack of gear consisting of: climbing shoes, chalk, and ideally a crash pad to fall on if you fall or jump off the rock.



Indoor vs Outdoor Rock Climbing

Indoor Rock Climbing

- ✓ Not much gear required
- ✓ Can climb in any weather condition
- ✓ Includes padded ground for safe experience

Outdoor Rock Climbing

- ✓ Need to set up anchor points for rope
- ✓ Need a belayer
- ✓ Need optimum weather condition



What Is Belaying



One person advances up the mountain



Another person stays at ground level holding the rope connected to the climber

Required Gear



Dynamic Or Static Rope
**Dynamic Rope Is Preferred*



Belay Device



Carabiners



Chalk



Helmet



Harness



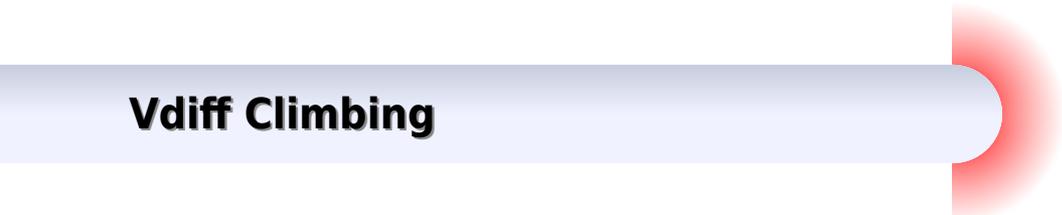
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