

# 2-day Trad Climbing Course Outline

If you are being picked up directly from your accommodation your instructor will collect you between 8:00 – 8:20 am. Exact pick-up times will be confirmed a few day before your course.

**8:30 am - Meet your group and Instructor/s** (time and place to be confirmed the week of your course)

- Complete pre-course paperwork

**9:00 am - Arrive at crag (climbing area).**

- Introduction to common Trad climbing equipment
  - Slings
  - Extendable quick draws
  - Nuts, Hexes, Cams
- Gear placement demonstrations & practice

**12:30 – Lunch**

- Time to go Trad climbing
- Anchor building principles and practice
  - Linking protection together to form an anchor.

**3:30 pm – Pack up at crag**

- Coiling ropes & checking for damage
- Collecting in gear

**4:00 pm – Back to carpark.**

## **Day 2**

**8:30 am – Meet Instructor/s** (location will be advised at end of day 1)

**9:00 am – arrive at Crag**

- Recap on gear placements
- Gear placement training excise

Climbing, Climbing, Climbing

**12:30 pm – Lunch**

**2:00 pm – Back into climbing**

- Climbing, Climbing, Climbing
- More Climbing – Focus on good technique

**3:30 pm – Pack up crag**

**4:00 pm - Back at vehicles, time to say good bye**

*\*Please note that this is just a guide to how the course normally run and your instructor may run the course in a different order to best fit in with local conditions and the abilities of the group.*