

## OENZ COURSE OUTLINE

### *2-day trad climbing course*

#### Day 1

*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 days before your course.*

**8:30 am - Meet your group and Instructor/s** (time and place will be confirmed by email)

- Complete pre-course paperwork

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

- Introduction to common Trad climbing equipment
  - o Slings
  - o Extendable Quick Draws
  - o Nuts, Hexes & Cams
- Gear placement demonstrations & practice

**12:30 – Lunch**

- Time to go trad climbing
- Anchor building principals and practice
  - o Linking protection together to form an anchor

**3:30 pm – Pack up at crag.**

- o Coiling ropes & checking for damage
- o Collecting in gear

**4:00 pm – Back to carpark.**

**5:00 pm – Drop off at accommodation.**

#### Day 2

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

Note: If you have your own vehicle you can choose to meet us at the climbing area on day 2.

**9:00 am – arrive at climbing area.**

- Recap on gear placements
- Gear placement training exercise

Climbing, climbing more climbing.

**12:30 pm – Lunch**

- Climbing, climbing, climbing.
- More climbing – focus on good technique

**3:30 pm – Pack up crag.**

- Coil ropes
- Sort gear
- Complete end of course paperwork

**4:00 pm - Back at vehicles, time to say goodbye.**

**4:30-5pm - Accommodation and airport drop offs.**

\*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 or the group