APPALACHIAN SEARCH AND RESCUE CONFERENCE

REFERENCE FOR BASIC CLIMBING

Contents

I. BERGSTIEGEN: Basic Rock Climbing. by R. C. Aleith.
   pages 1-91

II. (Chock Placement; Protection) *FORREST MOUNTAINEERING
    CATALOG (1975).
    also: *CHOUINARD CATALOG (1975)
    pages 20-22

III. (Climbing Ropes) *CHOUINARD CATALOG (1975)
    pages 26-29

IV. (Retable) *MOUNTAINEERING: FREEDOM OF THE HILLS by the
    Mountaineers, Seattle, Washington.
    pages 187-188

V. (Safety) *MOUNTAINEERING: FREEDOM OF THE HILLS by the
    Mountaineers.
    pages 303-313
    also: *PRACTICE CLIMBING by L. Griffin.
    pages 14-15

VI. (Ropework) *REFERENCE FOR BASIC VERTICAL ROPEWORK by
    the Appalachian Search and Rescue Conference.
    entire contents

Introduction

This set of information is designed to serve as a text
for the ASRC's Basic Climbing class, as well as to be a basic
reference for rock climbing techniques in general. The primary
text (by R. C. Aleith) as supplemented by information drawn
from several sources (see above). It is assumed that all
participants have completed the ASRC Basic Vertical Ropework
class and are familiar with all techniques taught in that
class.

A one-weekend class cannot possibly cover in depth all
of the information herein - this class is merely an introduction
to rock climbing. However, it is the hope of the instructors
that the class and text will provide a sound basis for the
development of skill and competence in climbing. With the
information provided, a person completing this course should
be able to climb safely and enjoyably. Good Climbing!

NOTICE!
SOME OF THE TECHNIQUES IN THE ALEITH BOOK ARE FAULTY. Although
most of these will be noted in class, check with an instructor
if there is any doubt.