

APPALACHIAN SEARCH AND RESCUE CONFERENCE

REFERENCE FOR BASIC CLIMBING

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- I. \*BERGSTEIGEN: Basic Rock Climbing. by R. C. Aleith.  
pages 1-91
- II. (Chock Placement; Protection) \*FORREST MOUNTAINEERING CATALOG (1975).  
pages 7-11, 13-15, 17-18.  
also: \*CHOUINARD CATALOG (1975)  
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- III. (Climbing Ropes) \*CHOUINARD CATALOG (1975)  
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- IV. (Retable) \*MOUNTAINEERING: FREEDOM OF THE HILLS by the Mountaineers, Seattle, Washington.  
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- V. (Safety) \*MOUNTAINEERING: FREEDOM OF THE HILLS by the Mountaineers.  
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also: \*PRACTICE CLIMBING by L. Griffin.  
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- VI. (Ropework) \*REFERENCE FOR BASIC VERTICAL ROPEWORK by the Appalachian Search and Rescue Conference.  
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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.