



## Introduction to Rock Climbing

Have you ever wanted to climb outdoors, but didn't know where to begin? Let the professional guides at Alpenglow Expeditions show you the way! This one day course will introduce you to the joys of rock climbing on beautiful Donner Summit, California, and give you important foundational skills to begin your rock climbing career.

Skills covered:

- Climbing movement, including crack, face, slab and lie back technique
- Crag safety and risk management
- Basic principals of climbing technical systems
- Belaying a climber in a top rope system
- Rappelling, utilizing a backup
- Proper belayer/ climber commands
- Leave no trace ethics in a crag environment

Prerequisites: No previous climbing experience necessary

Dates: TBA- please contact us for more information.

*Alpenglow Expeditions provides harness, helmet and shoes free of charge*



All programs directed by Adrian Ballinger  
AMGA - IFMGA Certified Mountain Guide



**Price:**

\$180

**Location:**

Alpenglow runs our rock climbing courses on the Iconic Donner Summit, in Truckee, California. Specific meeting location details will be provided before the course starts.

**What to bring:**

The weather can vary wildly on Donner Summit, from cold and windy to hot and sunny. It is important that you have the proper clothing to be comfortable while in the field.

- T-shirt
- Shorts
- Light pants
- Light weight long sleeved shirt for sun protection during warm periods, or a long sleeved capilene or merino wool layer for cooler periods
- Light puffy jacket or fleece sweater
- Lightweight rain jacket
- Baseball hat or other sun hat
- Warm beanie for cooler conditions
- Sturdy hiking shoes, sticky rubber “approach” shoes recommended
- Sunscreen
- 1 liter of water
- Lunch and snacks for the day
- Camera (optional)

If you already own climbing shoes, harness, helmet, or other climbing gear, feel free to bring them along. Alpenglow provided harness, helmet and shoes free of charge if needed. If you do require climbing shoes, please state so on your application, along with your shoe size.

**Itinerary:**

- 8:30AM- meet and greet, introductions, goals of the day
- 8:45-12PM- Morning climbing session
- 12-12:30PM- Lunch
- 12:30-3:30PM- Afternoon climbing session



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