

12/10/2022 Pathways to outdoor climbing ...

1. Do a lead climbing course at Vertical adventures or Extreme Edge (if it's not being taught in climbing classes)
 - a. This generally involves 2 x 3 hour classes.
 - b. The first is on lead climbing
 - c. The second is lead belaying, you must be 14 years or older to do this. This is where often the parents will come in, as you always need a belayer. The belayer is the person on the ground who controls the rope for the climber and lowers them when they are ready to come back down to the ground.
 - d. Once the gym is confident of your ability they will sign you off for lead climbing or/and lead belaying. This might be a few weeks later or few months later.
2. **Look at the options below to start climbing outdoors.**
 - **Travis Rangi** outdoorverticalpursuits@gmail.com Qualified outdoor rock climbing coach, and has all the gear you would need. Auckland based.
 - **Got to get out Climbers** – a group that meets at Extreme Edge on Monday nights. For beginners to experienced, they regularly do outdoor climbing trips. <https://www.facebook.com/groups/127066124788596>
 - **AURAC** – Akl University Rock Climbers (but it is for anyone not just university). For beginners to experienced, they regularly do outdoor climbing trips with instruction days. <https://www.aurac.org.nz/>
 - **Auckland Rock Climbers** – Once you have built up your confidence this FB group has a sub group you can ask to join, for people climbing outdoors. <https://www.facebook.com/groups/625314304255779>
 - **Big Foot** – run & organize rock climbing adventures, with qualified instructors <https://www.bigfootadventures.co.nz/>
 - **Raglan Rock** - run & organize rock climbing adventures, with qualified instructors <https://raglanrock.com/>
 - **NZ Alpine Club** – Auckland Section for mountaineering <https://www.aucklandclimber.org.nz/>
 - **Auckland Sport Climbing Club** - handy links <http://www.aucklandclimbing.co.nz/links/>
 - **Maungarei springs young climbers** - outdoor events held <https://www.facebook.com/groups/maungareispringsyoungclimbers>
 - **Maungarei springs climbers**-outdoor events held - <https://www.facebook.com/groups/737793279696632>
 - **Gym communities** - often run outdoor trips eg Northern Rocks has an annual bouldering trip to "Airstrip" Waitomo Caves Nov/Dec time.
 - **Climbing gyms** - Most of the climbing gyms have contacts for outdoor climbing instructors (NZOIA) - ask at your local gym.

Items you will need (once you have tried it out first)

These are only suggestions, and expert advice (available in the gyms & stores) is always helpful.

Climbing Shoes

Find shoes that the kids really like

For outdoor climbing some climbers have a different shoe that's less aggressive & more comfortable, as they are in them for longer periods and get sore feet from their aggressive indoor shoe.

Rope

- Needs to fit through grigri (what is used for the safety device for top roping at Extreme Edge & Vertical Adventures) if you are using one, it will say on website for grigri what size rope it takes. Also the thicker the

rope the heavier so you don't want it too heavy. Dynamic around 9.8mm and 60 m is a good length is a good first rope. Although lighter ropes have advantages with weight, they also need replacing more often'

<https://www.aspiring.co.nz/product/fixe-spool-rope-9-8mm-per-metre/>

Helmet (child size climber) & for belayer

<https://www.aspiring.co.nz/product-category/helmets-gear/helmets/>

Harness

Whatever they are using will be fine. <https://www.aspiring.co.nz/product/ct-wall-harness/> or Bivouac so you can try on

Lead belay device Grigri or ATC

Read up on pro's and con's of both

Grigri – Petzl

Have a read on reviews, as sometimes there new releases aren't as good as the previous version.

<https://www.petzl.com/US/en/Sport/Belay-devices-and-descenders/GRIGRI>

Or ATC

<https://www.aspiring.co.nz/product-category/hardware/belay-devices/> - ATC & grigri

Quickdraws

12 recommended , be conscious of their weight, as they can be quite heavy.

<https://www.aspiring.co.nz/product/ct-aerial-pro-quickdraw-set-12cm-6-pack/>

<https://www.bivouac.co.nz/gear/climbing/carabiners./black-diamond-hotwire-12cm-quickpack.html>

<https://www.bivouac.co.nz/black-diamond-hotwire-quickdraws.html>

Carabiner for the belayer

One with a screwgate or triple lock

<https://www.aspiring.co.nz/product-category/carabiners-connectors/aluminum-locking-karabiners/>

<https://www.aspiring.co.nz/product-category/carabiners-connectors/snaplink-carabiners/>

Carabiners are also handy for holding gear onto the climbers harness

Non essential

Clip Stick

https://www.aspiring.co.nz/?post_type=product&s=clip+stick

PAS

personal anchor system (when up to cleaning climbs)

<https://www.bivouac.co.nz/gear/climbing/cord-webbing-and-slings/black-diamond-link-personal-anchor-system.html>

<https://www.aspiring.co.nz/product/anchor-chains-13mm-dyneema/>

Prussik

when up to repelling

<https://www.aspiring.co.nz/product-category/ropes-cords/prusiks/>

Rope Bag

One with a tarp attached (or take a small tarp) , so you can have the rope on this while climbing to protect it. They have backpack ones etc. For at the gym plastic bucket/ bin with handles, and keep in there.

<https://www.aspiring.co.nz/product-category/bags-stuff-sacks/rope-bags/>

Rope wash etc

Can also get rope wash, rope brush and a rope cleaner

Crash pad

One that you can carry on your back if you like bouldering.

NZ stores

As well as your local climbing gyms - **Northern Rocks, Vertical Adventures, Extreme Edge, Boulder Co**, who all have a good selection of climbing gear and the climbing experts to help you there is also many more , amongst them

<https://www.aspiring.co.nz/>

www.bivouac.co.nz

<https://shop.rockclimb.co.nz/> - if you are at castle Rock or Waipari this store is by there, they are also online