

ROCK CLIMBING/ DESCENDING

- Find a mentor or take lessons
- **NEVER** climb alone (at least 1 other person)
- Have a climbing/descending plan
- Consider practicing on an indoor wall first
- Wear the proper gear: helmet, shoes, harness, etc
- **ALWAYS** inspect your gear prior to use
(conduct a check on each other)
- Have at least 1 cell phone for emergencies
(Place in a waterproof case or bag if needed)
- Use the right rope, ensure it is long enough
- Use **CLEAR** commands all can understand

KNOW BEFORE YOU GO

Sea Conditions

- ALL CLEAR
- CAUTION (SC-C)
- DANGER (SC-D)

Water Conditions

- High Tide
- Low Tide
- Currents

Recommended Items

- First-Aid Kit, sunscreen, signal devices (flare)
- Water, camel-pack (prevent dehydration)
- Flashlight / headlamp (extra batteries)
- Food or meal bars

Ascender

(Can be used when fatigued or on difficult climbs)



Anchor Points

(Some are pre-positioned)

