

## ROCK CLIMBING TRAINING COURSES



### THE ADVENTURE CLUB - PAKISTAN

Suite No.15, 2<sup>nd</sup> Floor, Panorama Center, G-11 Markaz, Islamabad – 44000

Phone: 051-2110479, 051-7104015 Fax: 051-2110481

info@adventureclub.com.pk www.adventureclub.com.pk

# ROCK CLIMBING TRAINING COURSES

## Introduction of Rock Climbing

### Day 1

- Introduction of Rock Climbing
- Introduction of equipment & hardware
- Basic knots & their usage
- Test
- Questions & Answers
- Rock Climbing – demonstration
- Practical Climbing by members

### Day 2

- Abseiling / Rappelling
- Expected problems - lecture
- Troubleshooting – lecture
- Practical Climbing by members
- Questions & Answers

## Basics of Rock Climbing

### Day 1

- Brief overview of basics
- Introduction of climbing equipment + terminology
- Top roping – demonstration
- Practical Climbing by members
- Questions & Answers

### Day 2

- Belaying
- Anchoring & Dismantling of ropes
- Climbing by members – new cliff
- Jumaring – demonstration
- Lead Climbing – demonstration
- Questions & Answers

### Day 3

- Jumaring – practical
- Practical Climbing by members
- Lead Climbing – practical
- Test
- Results / Award of Certificates

## Terms & Conditions

### Dress Code

- Please wear comfortable and stretchable dress, a sports suit / track suit is recommended

### Please bring

- Slippers or open shoes
- Water & snacks
- Sun hat or scarf
- Sunglasses
- Sunscreen Cream or lotion

### Facilities

1. Instructor / guide
2. Climbing equipment
3. First Aid Kit
4. Light refreshment
5. Complimentary group photograph
6. Books / movies recommendation

### Important

1. Any damage to equipment will be charged on actual basis
2. Training session can be booked on payment of 100 % charges in advance. 50% cancellation charges on a notice of 48 hrs prior to start. No refund for no show or cancellation after the program starts
3. The instructor / organizer is not responsible for any accident/injury and there is no insurance cover for climbers

### Booking

Year round courses are available and groups can be booked on your desired dates. For individuals, please contact.

### PARTICIPATION FEE

**Introductory – 2 days**  
**@ Rs. 2000 per person**  
Minimum group size, 10 members

**Basics – 3 days**  
**@ Rs. 3000 per person**  
Minimum group size, 06 members

## THE ADVENTURE CLUB - PAKISTAN

Suite No.15, 2<sup>nd</sup> Floor, Panorama Center, G-11 Markaz, Islamabad – 44000

Phone: 051-2110479, 051-7104015 Fax: 051-2110481

info@adventureclub.com.pk www.adventureclub.com.pk