

ROCK 1

Introduction to Rock Scrambling and Rappelling, Knot Practice

FIELD TRIP #1 – ASC ROCK #1	
Meeting Time and Location:	Meeting Time: arrive at 7:45 AM at Spire Rock; be ready to go at 8:00 AM!
Outing Location:	SPIRE ROCK at Sprinker Recreation Center, 14824 S. "C" Street, Tacoma, WA 98444 Meet in the west side of the parking lot by Spire Rock
Prerequisites:	<ul style="list-style-type: none"> ▪ Attend lecture #1 and #2
Specific Skills:	<ul style="list-style-type: none"> ▪ Introduction to moving on rock ▪ Arm rappel and Dulfersitz rappel ▪ Hasty harness, prusik on hand line ▪ Knot practice ▪ Review of your own ten essential systems, bring everything you have
EQUIPMENT	
Special Notes and Items:	<ul style="list-style-type: none"> ▪ Bring your pack and what you have so far. You do not have to have all your gear yet. This will be an opportunity to see what others carry and to get ideas. Bring creative items and ideas to share with the class. ▪ Dress as though you are going on a typical scramble trip, Layered clothing (we go no matter the weather) ▪ See Equipment List pg. 11 of Student Guide <ul style="list-style-type: none"> - OK to use medium weight boots - Jacket, grubby (to pad your arms while rappelling) ▪ - Bring leather gloves (work gloves are OK) ▪ Bring material for a Hasty Harness Kit <ul style="list-style-type: none"> - 20 to 25 ft. long 1" wide tubular nylon webbing - 8 ft. long 5 mm. Perlon cord - A large pear-shaped locking carabineer ▪ Food & water ▪ Complete change of clothing for the trip home is helpful