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# THE DEFINITION OF MOUNTAINEERING

By Donald Perry

This work should only be used only by  
experienced climbers

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## CLIMBING ETHICS

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What is the purist form of climbing style?

**What's Legitimate** What should or should not be considered the legitimate ascent, was a question new climbers debated in the early years of rock climbing, of which question can also be applied to different types of mountaineering. I myself, went through various climbing techniques to try to answer this question, and it took me a long time to find good answers.

**The Scene** In the early years where free climbing was first being defined, so too was the climbing world making the transition from aid to free, first in routes and then in style. All what the world previously looked at as only a crag full of nothing but aid climbs was now becoming nothing but free climbs. Leading the way was Henry Barber followed by John Bragg, Mark Robinson and friends. According to Yankee Rock And Ice page 255 of Henry Barber it says *"His impact on climbing standards was therefore probably greater than anyone's. One of his contemporaries went so far as to say that Barber had "a greater influence than any climber who ever lived." obviously a judgment difficult to defend, but which was based on the observation that Barber came along at a time when standards were ready to rise (to catch up with the Shawangunks), so when he showed the way, everyone came along."* Page 213 In 1972 he [Barber] was just beginning to make waves all over the Northeast. He began climbing at the Shawangunk's often that year, usually teaming up with the other three [Standard, Wunsch, Bragg], but not present as consistently ... Unfortunately, Henry Barber who had an initial political influence in the Gunks, after 1978 lost it when he had abandoned his climbing partner Rob Taylor on Mt Kilimanjaro after calling for a rescue at the base. I remember there was a lot of talk about it, with seeming disappointment.

**A True Ascent** It was in the time when climbing was all about new climbs and climbing ethics I slowly came to realize what should be the best style of climbing. What should be counted as a worthy first ascent. And at the time, this was foremost simply that you did not fall on the crux. Lowering down was considered some kind of aid and was frowned upon. Therefore, to ensure a

true ascent I learned how to downclimb well and I learned how to do it a lot. I made it my aim to accomplish climbs with no falls, and to this I followed the example of Jim Erickson. His style has some very admirable and useful characteristics. Most climbers only cared about how well they could climb up, but very few if any paid much attention on how to downclimb just as well, or how important it really was. Or how it should be just as important a part of climbing, if not more so. Being familiar with how to down climb in many different situations puts you in an advantage, you can climb up into places where others cannot. If you can only climb up, your options are limited.

However, after a period of time I found this style to be illogical, it was tiresome for my belayers and it made progress on many levels impossible. I learned that this was not a style of climbing that brought freedom to the sport. What would normally take a short time was taking considerably longer. So, I eventually came to terms with it and realized that I had to abandon the style for the more practical way everyone else was climbing.

**The Style** In the 60's, 70's and 80's where a climbing scene much different than it is today. Climbing was politically charged. Everyone knew each other (or knew someone who knew you), and everyone was familiar with what everyone else was doing. At that time the Gunks were a much more exciting place to be. A lot of people were trying to put up new routes, and there was a lot of talk about that kind of stuff in the atmosphere. The people that were making the most of this loved you, but at the same time hated you for fear that they would lose the better routes to you. Some people would steal other people's projects, everything was in the news and everyone was listening to what other people were doing. But, if you could not keep a tight lip you could lose your climb to John Brag or someone else. This is what in fact happened on Gravities Rainbow, which broke once climber and brought the man to tears.

Among the leading influential climbers of my era were John Brag, Mark Robinson, Rich Romano, Kevin Bein, and Russ Raffa. There were ethics, morals and approval for you if you might legitimately free a route. However, when your work did not meet the standards, it would be a project done in vain and not recorded in the local guidebook, and I myself can testify to that.

For newcomers to the Gunk's who climbed in sloppy style, those who continued to weigh the rope on lead, who were

unteachable, these climbers were mocked, ridiculed and ostracized by the local climbing community. Early on Bill Ravitch, a Gunks climbing historian and expert who lived at the Gunks, taught people (and many times with witty sarcasm and insults) that if you could not climb a 5.9 on top-rope you had absolutely no business trying to lead a 5.8. Today there is no regard for that kind of standard, the opposite is the case. What was paramount then was that a climb should be done in a pristine manner without weighting the rope for progress sake, and especially not to check out the climb in advance of your ascent! Using the rope to hold your weight was considered aid.

Climbing was a sport for the old, and not for the young and stupid, if you had not been climbing over five years it was understood you still had a lot to learn. If you had the experience, falling might be considered reasonable, but you would have to justify it to be respected. And you might not know about anyone who was climbing like that. You learned to respect the standard, and if you did fall, you were supposed to go back to the ground or the ledge and never under any circumstances back on the crux! Hell no, down you go! If you could do a climb, it was because you did not *“bring the climb down to your own standards, you left it for those more prepared to finish the climb”*, as Mark Robinson once said. This was actually demonstrated to me by Mark Robinson and John Brag on many occasions where I happened to observe them. After their first ascents, they not only did it all in good style, they also left the climb in its original state even going so far as to leave the original broken rocks and lichen all the way to the top!

Every climber came to the conclusion again and again that Barber and all were correct. Aid was unnecessary, demonstrating a lack of patients, foresight and vision. In the end it was seen that it only brought loss and despair.

To be precise, aid was all that could be defined as artificial upward progress, except of course the catching of falls re-starting below difficulties above the ground or above a ledge. Yet Dick Williams and others might even consider too much of that as aid as well, they called it siege climbing or yoyoing the route in an unapproved and mocking tone.

**The Way** The way I learned climbing in the Shawangunks was that when you were leading a hard climb you first had to have a plan in mind as you passed your last good piece of protection. What this meant is that you first had to determine a mark above

and how far you were willing to go until it would become dangerous without another good piece. After you found something there, either in protection or in some other kind of a plan, you could then continue to work through the climb up or down. And if you couldn't find anything good you might need to fall from there down climbing rather than taking on bigger chances. In this way you would finish the climb as reasonable opportunities presented themselves. Controlling risk determined the plan, not a no fall ascent or good style! Unless your name was Rich Romano. I remember one time someone asked Mark Robinson if he wasn't afraid of falling. His answer was laughingly that he was scared even if he should fell a few feet, which I at the time I thought was the perfect answer. What he meant by this was that when he climbed there were no surprises. Royal Robins essentially said the same thing, that he did not take uncalculated risks like other climbers did. How many times you lowered down off a climb was not so important, rather it was having solid gear that did not pop or slide down the rope that made for perfect style. To flash through a climb on empty, on questionable protection demonstrated the height of foolishness.

**The No Falls Guys** There were certain kinds of climbers who made it their only goal to do whatever climbs they could with no falls, they would keep a list of their accomplishments. Their wins and their losses. They did not practice the climb by downclimbing repeatedly or center their climbing around protection. Their goal was to quickly climb through without a fall obtaining the prize of what they called a clean ascent. But in doing so, this meant that they sometimes need to sacrifice themselves over and over again. Typically, this kind of climbing never caught on among the elite and was only something that new climbers would try until they got badly hurt, or witnessed someone else take a long fall.

**The Pulling the Rope Guys** Other people would fall, but they believed that good style necessitated pulling the rope through. In my mind pulling the rope through before a second attempt does not prove anything, because real climbing has nothing to do with a rope in the first place. I've been doing it long enough to know better. Pulling the rope through was something rarely practiced at the Gunks, but it was done in other areas like New River Gorge, and I hear on the Greatest Show On Earth. Pulling the rope is hypocritical anyway, because you already fell once, now

you are just trying to make up for it.

**The Cheaters** It was not until Max Jones and Mark Hudson came to the Gunk's around 1979 climbing Between The Lines witnessed by Mark Robinson, Kevin Bein and others that the Gunks ethic was truly challenged. They explained that their hangdogging style was essential to do the really hard climbs. And so it should be the new standard, so they thought. That it was through this ethic they created the Phoenix, a 5.13a which was accomplished breaking through the free climbing standards in Yosemite. No one from the Gunk's gave them an argument, that they had to work through each section separately one section at a time, and thereafter piece them all together. They said that otherwise, the new climbs would never be done. Mark Robinson mockingly referred to this kind of climbing as Phoenix Style, and so it was that hangdogging was rejected again.

**Hippy Style Climbing** While the last aid climbs were being freed there slowly developed a separate group within the Gunks who disregarded this exclusive and powerful governing body within the climbing community. They went on to rethink the ethical standard of Barber, Brag and Robinson. They rejected the driving philosophy of having one's name and routes recorded in a guidebook. They argued that it was better to leave no record and climb for the greater good, and leaving things in their original state. Such as what is still the case for much of Lost City and Bonticou. At the same time some of these climbers were protesting the environmental corruption on Three Mile Island. The group was sensitive to an ego driven worldview that would yield to competition and self-glorification. They sought to eliminate what they perceived to be egotistical, and to see climbing as a means to self-awareness between you and nature, and what it had to offer you rather than what you could take from it. But in the end, these conclusions became merely hypothetical assertions and hypocritical as the best climbs were recorded anyway.

Yet ironically, everywhere inspections, hangdogging, and aid was still considered unnecessary and undesirable.

**The Condemnation of The Modern Soloist** Typically, there is plenty of gear around to be hand in much of what people solo.



Climbing is actually physically harder and more demanding with a rope. To say that soloing is the purist form of climbing only means you can get lucky, and that you worship rocks and reject the 10 Commandments. To not fall leading is a greater accomplishment, not only because of what is at stake, but because the climbing is actually harder. People who solo really hard climbs usually don't start up from the ground anyway, they memorize the route on rope first. I would say it is a form of self-deception to think to understand a solo as the purist form of climbing when you have to use a rope to get there anyway, it's hypocritical. If you did not use the rope in the first place, then how could you make the same kinds of mistakes to climb anything so hard to begin with. Soloing is better understood as something more appropriate for the circus, not something that stands alone having to do with the quintessential accomplishment in mountaineering, when you are pushing the limits past something you already did before. Soloing is one of the purist expression of idolatry, and the so many people have given their lives prove this to be so.

**Ethics And Everest** What would this mean when we are talking about mountaineering and using supplemental oxygen, others fixed lines, and such things? Would these things mean one has no legitimate right to claim an ascent? Learning good style at the Gunk's would prove that to be the case. That it would be more honorable to retreat and do easier routes is necessary if you really need aid. Therefore, by these means Sir Edmund Hilary would not be considered to have made the first ascent of Mt Everest in 1953, nor would have James W. Whittaker make the first American ascent in 1963. Rather the first ascent of Mt. Everest would be better named to Reinhold Messner in 1978, who climbed Mt Everest without a need for supplemental oxygen because of his extensive training. A man has to climb what is the mountain to be a mountain climber, not bring the mountain down to his standards to be a true mountaineer. It is difficult to believe anyone has climbed a mountain when they need to first bring a mountain down to their own standard to climb it.

**The Old Ethics Challenged by Bolts** Dick Williams wrote in his guide Shwanguk Rock Climbs Skytop page 26 *"A first ascent occurs when a route is climbed for the first time. It can be done free on lead or on top rope, or it can be done on aid."* Does a top-rope really make for a first ascent? A top-rope should make for a first ascent if a party

of two can take turns leading a route and in the end both are considered as having made a first ascent! It has always been that way. Leading or top roping both use the aid of the rope, one cannot argue that the security of the rope is out of the equation in either case. Nevertheless, there remains those who insist that there is no first ascent unless it is done ground up by a first ascent party in better style leading, not top rope, which to me makes little to no sense at all. On a big will will they both lead every pitch to make for a first ascent?

Therefore, now what can be said of leading on bolts to make for the true ascent, and to thereby supersede the top-rope ascent? Bolts, especially in places like New River Gorge do not make for a better style of climbing by any kind of logic, because they create a work of fiction, there is nothing natural about bolts. You have to hang on a rope to put them in, and the routes are only one pitch. A need for bolts on short vertical cliffs has only something to do with bad habits. When you have spent enough time climbing, where the rope is, this is not what makes for the real difficulties in the ascent anyway, especially on something rated G with bolts. Rather the problem is getting through the physical moves to make the climb, nothing more nothing less. Leading vertical climbs on bolts should only prove something to those who are afraid of leading on G rated climbs because their bolts may pop someday.

There is a place for bolts, but not to the extent that you see in New River Gorge, and the like.

**Beta Climbers** Yes beta is bad style. The history climbing is a testimony to the fact that beta is the biggest form of aid that there is. Beta is specific information about a climb that is available from a vantage point outside of the ground-up ethic. Beta is best defined as one of the tools used for aid climbing. This is how beta was defined by those freeing the aid climbs in the 70's and 80's. A party could share information among themselves, but it was considered aid was when the information was used by other parties who had yet to do the climb. The significance of beta was that it is a revelation of something you otherwise would have had no knowledge of. It was not simply information, it was information used to cut corners, take short cuts, cheat the system, use others abilities to help you make ascents. Climbers who did not use others beta were considered self sufficient. These climbers regularly refused any kind of beta, except a little of what a

guidebook would provide. And even in this case, the ratings the guide gave from these kinds of people were done in such a way that every so often there were sandbags, to produce merely questionable beta. Their ideal was that climbing did not involve aid. These kinds of ratings resulted in complaints from inexperienced newbies in the 90's who said it was dangerous to climb without correct beta.

Using beta to put up free climbs was unethical because of its effect on climbing. For example, in the history of free climbing, simply knowing certain people had climbed through a section of a climb changed the difficulty of the climb. When it became known that a particular person had freed a climb, then thereafter everyone could do it. For this reason, beta climbing must always be considered aid climbing.

**The Best Style** The best style would prove hangdogging to be unnecessary, as well as quite rude. Especially at places like Rumney where there is actually a line longer than your belayer alone. Hangdogging is necessary only for the following reasons:

You are too weak, and you don't want to go to the climbing gym and so you are too lazy to exercise except on the climb. You have no daily exercise routine.

You are simply lacking in the mental aptitude to know good climbing skills that should have been developed on easier climbs.

You are too slow to the crux because you never got the climb wired and you have too much gear to do that.

You have a defeatist hangdog philosophy helping but holding you back at the same time with a negative attitude. Instead of climbing you are always debating in your mind if you should use the rope and do more hangdogging.

You're relying too much on the belayer to help you up the climb. Pulling on the pro while your partner is pulling on the other end means that you have lost your mind.

You are not climbing on adrenaline, you are climbing on fear.

You need to place a bolt so you can hangdog as an artform, rather than just get onto the next climb.

**Conclusion I:** The way to climb well is to lower off to the rest and try it again, or just top-rope the thing. Anything more or less is simply a waste of time and simply illogical. Anything you can top-rope you can lead, it just takes longer because of all the gear.

**Ethics Challenged on The Dawn Wall** Thus far was it demonstrated that using aid for upward progress was not only unnecessary but questioned the authenticity of the ascent, yet there was always that question, are there exceptions to this rule? This is what the authors of the Phoenix from California suggested when they came to NY and challenged the style at the Gunks. But no one listened to them.

The Dawn wall turned out to be just this kind of climb, a completely different kind of rule. It is so big that the crux is all about just finding it. It's hiding up there somewhere, and you have to look everywhere on aid to find the line. It is not like climbing the Nose, where it's fairly straightforward following a corner and a crack. "Where is it?" is always the question.

The next problem has to do with finding the holds. The climb is so elusive that you need a magnifying glass and tick marks just to see where you are going before you get there. No one has the eyes to do this kind of hard free climbing without aid. If you tried to do it without tick marks you simply would not be able to do it, and if you did make a little progress you wouldn't know why or how you did it, or be able to repeat it.

This means that for this climb it's so different that style must be sacrificed if there is going to be a climb at all. While hangdogging is counterproductive in finding "the climb" on easier routes, here aid could be said to be the foundation of good climbing, and the first ascent parties have to make this sacrifice to bring the climb to light.

So, what made for good or bad style on other kinds of climbs makes for a completely new kind of definition here. It's a mixed climb, so the better you can utilize aid the better chance you have of making the climb. Initially the style is divided equally between aid and free climbing. At the climb's completion it is combined again differently for beta and free climbing.

In relation to the ground up style this style is in another category of its own, the aid must now be joined together with the free. The free has been temporarily redirected to become aid and then thereafter the aid must be redirected to be free.

Traditional ground up style is designed to only go in one direction from good to better style. Traditionally, it has been understood from the time of John Standard, that second ascents should be done in the style of the first ascent party or better. The

aid-free style climbing takes on a temporary idealistic form of free climbing to later become fulfilled as only a free climb in every sense of the word because the goal is to climb free.

However, in the final free ascent of the Dawn Wall Kevin Jorgenson did not give way to hangdoging. The Dawn Wall video 1:04:30 K.J. "Every fall you go back to the start of the pitch." The Dawn Wall video at 1:24:20 T.C. "I think your gonna have to try and front step more." K.J. "When it comes time to like step on that middle foot, I can't do front step or any step because my foot's in the way. T.C. A couple of your falls last time were just because you couldn't find that middle foot. So even if it's a little bit harder ...[ I think your gonna have to try and front step more.]"

**Conclusion II:** The best kind of climbing is when you have acquired the skill, knowledge and muscle mass so your climbing flows smoothly and naturally, without wasting a lot of time with gear and making unnecessary problems because of your ego.

# SAFE CLIMBING PAPER

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## Introduction

Royal Robins once said that he didn't have many exciting stories to tell because he did not get himself into the same situations that other climbers did.

Sound climbing ethics develop very slowly for most people, and sometimes not at all, or they go in the opposite direction. This is because most climbers are not out climbing to develop standards or may have some kind of anarchist view on life being rule breakers looking for adventure, rather than rule makers. Nor do most climbers understand their reality, and thus they cannot properly understand their environment.

Accidents do not have to be a necessary part of climbing. And happily, climbing is a sport where more often than not, you are in control of the risks or the cause of them. As an example to what I am referring to, Alex Honnold keeps a diary, and I would assume this is one of the reasons why he can stay safe to a greater degree than others.

Below I have some safety ideas in the acronym "SAFE".

"Safety first" Safety first means putting safety first, this means that surviving rather than climbing is your primary objective. It means safety comes FIRST and everything else comes second.

Ironically however, climbing is not safe to begin with no matter how you do it. Knowing climbing is dangerous is actually the first rule, of which most climbers are somehow self-ignorant.

"Analyze". Prepare yourself for climbing— develop effective thinking habits in light of the risks you are taking.

For example, double check everything your partner or your group does. Trust no one and nothing, not even yourself. This is one of the most important rules.

Just as important is finishing whatever you start, as in tying any knots you start.

Most accidents happen from falling rocks or gear and having too much of it.

Take unexpected interrupting breaks to go over the plan, where you are, and what could go wrong, and go over solutions.

"Faith". Ultimately you cannot protect yourself from everything. Pray to God you do not have an accident today.

"Experience". Using your experience is important in avoiding mistakes. But climbing is not an activity where you should ignore the opportunity to learn from your mistakes. And it is a good idea to try and find an experienced climber to climb with.

## Basics

**Straight Lines:** If you cannot climb in a straight line your rope should. To do this will mean you have to do some downclimbing to remove out of the way protection after passing it. Downclimbing is an unavoidable part of good climbing. The use of pulley-carabiners is also helpful in these cases. But in the end, the golden rule is that you should not have any rope drag.

**Orderly Workmanship:** Pre-sort everything and be neat, know where everything is both on your rack and what is potentially going to be on the rock. One of the key components that makes for a good climber is that he or she knows what gear to leave behind before leading a pitch. You do not need to take the whole rack when you learn how to read the rock correctly.

**Tied In:** Everything must be tied in all the time. Anything not tied in will eventually fall sooner or later.

**Timing Is Everything:** Starting a climb at the right time is imperative. Getting late starts makes no sense and is dangerous because it means that if you have a problem, it will be in the dark. Resting is something that needs to be done at the end of the day, not in the morning. Getting to the cliff in the morning is where there is the most light and heat, and this is especially helpful in the winter. And if it is to rain, it is better it rains after you get to the top rather than to the base. Therefore, everything needs to be in the car and ready to go the day before.

## Psychology

Everything is Dangerous: The most important thing to remember is that climbing is always dangerous. Being self-assured is the greatest of all errors. Do not rely on anyone to do anything, double check everything your partner or your group does, assume nothing is safe.

Never Assume Anything is safe: Do not be in a hurry. It is better to come back again later or learn from others experience if you need to make assumptions about weather or route finding. For example, on Scary Area people may assume there is a bucket past the 1<sup>st</sup> bolt while climbing at their limit, but there is no place to rest up there. For me this meant that the aid bolt designed only to hold body weight might now be used for long leader fall.

Analization: Set aside times periodically before, after, and during operations for safety evaluations. Because this is inconvenient you will wish to forgo it.

Broken Concentration: A lot of people make concentration difficult, always keep your attention directly on the climbing system for the purpose of correcting errors in it. If you are unable to concentrate on the rope system giving it continual analyzation then you cannot climb in such a way so as to resolve problems and avoid accidents. If you are arguing with one of the people you are climbing with and are not communicating well with them, or. when you are under emotional stress, especially if a member of you party has just gotten injured, you cannot safely climb.

The long way not the short way: Contrary to common opinion, when it comes to safety, more often than not, the long way is the safe way. Such proved itself so when I was in a hurry and forewent retrieving my coat from the belay at Lake Willoughby and had to wait hours at -2 degrees in a 30- mph wind. My partners jumars were not working efficiently because the rope iced up from water leaking out of the ice.

Have a plan: Always stick to the previous plan you make with your partner when you can no longer hear him. That being said, having a good plan, rehearsing the plan, and reexamining the plan is what can make the difference between life and death. Don't forget to plan.



Stopping halfway: Finish whatever you start, for example this is especially the case when tying knots.

Experience: There is no substitute for experience, and it takes a minimum of five years to understand how to climb safely. If you don't have respect for those with more experience, you will need to learn by yourself which takes a lot longer.

Deception: One must know themselves and their partner. Your mind plays tricks on you in the mountains when you are alone, you have to know yourself before you get yourself into a situation and tell yourself things that are simply not true. You will make things up just so you have an excuse, the mind does this. It is irrational and cannot be trusted.

Newbies Are Like Zombies, and it is your responsibly not to trust anyone. The human mind, especially for a new climber cannot be trusted. Don't let a new climber belay without a Gri-gri. Often, they lose track of which end of the rope to hold onto. And some newbies like to let out slack before you ask for it, where it just sits on the ground. New climbers when faced with great projects, and suddenly faced with the reality of what they have gotten themselves into become frozen, unable to move, and literally become incapacitated. I have seen this happen many times, nothing is more dangerous and aggravating. They become completely irrational. You have to know your climbing partners, especially on a big wall. If they are new yet sure they can do anything it is best to make a deal with them first, that they will pay for the trip if they bail. A climbing partner should be someone you can bounce ideas off and have good communication with. This is important in averting problems and dangerous situations. But if someone is fear struck it makes no difference how well you know them, they become a vegetable. Bringing along a radio might be helpful in breaking up their fixation on reality.

Children: New climbers, or climbers who have not come to terms with the history of climbing, should realize that climbing cannot be made safe, and therefore is not a perfect sport for children. Climbing with or near your children, if they are under 18 is not a good idea for them. Rocks and gear fall all the time and everywhere. I have seen old holds fall off on established climbs

injuring people below. This happened under Birdland in the Near Trapps which broke a woman's arm. Children who second on the second pitch can unclip or half untie their harness knot when they break down the belay. Children do amazingly stupid things. This is why drivers licenses are not issued to minors.

## The Belay

**Unnecessary Slack:** Always hold the rope in a manner so that you can pull some rope in if your leader should fall, there should be no unnecessary slack. Watch the person you are belaying closely to be sure you're giving your friend the shortest leader fall possible.

**Slack In The Belay:** If you are not anchored well, you can get hurt. As a rule, always have an anchor behind you cinched up tight so you do not get pulled under the leader or violently yanked.

**Where To Stand:** Do not belay directly under the leader if you can help it. Rocks, equipment and the leader himself can land on you. And if move the belay, walk a few feet this way or that, this can also provide slack if you are not careful.

**Where To Stand, Where To Lead:** Do not belay in a way that the leader will fall into the rope.

**Where To Belay:** If communication is impossible during a climb you should make the belay shorter.

**Lowering:** If your leader falls on a questionable placement it may not be a good idea to lower him until he first removes it and lowers off something stable because of the potential for a lot of slack. Rappelling off the top piece to the next works much better.

**When Gri-gri.** If you are going to be belaying for long periods of time, like on an aid climb, use a Gri-Gri. But you cannot suck in rope quick with a greegree, this is important to remember.

**Rope Handling:** Do not let a rope hang below at the belay, you can get it twisted and caught in a crack, and if it does get caught

do not pull it so hard that it cannot be removed.

Stretch: Whenever you belay top-rope remove the elasticity from the rope first. Keep the rope tight near the ground and ledges.

Phone: It is not a stupid idea to take photos or use the phone while belaying, especially when a leader is near the ground.

## Tying In

Tying In: Before climbing tie into your harnesses and stay tied in until you are off the climb, if you have more than one person it may be helpful to have more than one rope to do this.

Clipping Into The Rope: If you are top roping note that while clipping into your tie-in carabiner on your harness it may be clipped to the gear rack or your blue jeans. Do not clip carabiners on your pants.

Knots In Line: Practice always putting a knot in the rope so the end of the rope cannot go through the belay device.

Where To Stand: Special care must be taken while the leader is passing the first piece of protection so that it not be disturbed due to where the belayer is standing.

## Rappelling

Munter: Use special care when using a munter hitch to rappel, the knot has a dangerous tendency to unclip locking carabiners. Locking carabiners can even come off the rope, which happened to me when after I was free falling in space with no rope.

Pack Rap: If you have a pack on or are carrying a person, normal rappel will not work. You must secure the load to the descending device carabiner.

Twisting: If you are rappelling on fixed lines and use a figure eight it will not work well because of the way it kinks up the rope.

Rap Knots: If you are rappelling and you come up to a knot, do

not rappel too close to it, otherwise you will never be able to get the knot out.

Swing: If you are swinging on a rappel you may dislodge loose rocks over your head.

Unlocking: If you lock a screw gate carabiner under a load, or on rappel you may need to unload it to unlock it.

Clothing: When you are rappelling keep your hair clothing and body away from the descending device or you may get caught in it. Rings can also get caught in cracks.

Wasps: While rappelling down or climbing up look for wasps if you are in the Gunks.

## Knots

Bowline: The bowline knot does not work properly when loaded from the loop rather than the rope.

Sling Knots: When you climb on someone else's gear check their slings that the ends of the slings extend out from their knot at least two inches.

Hammer Knots: To untie tight knots a hammer can be used to loosen them.

## Leading

Sling Length: Slings should be as short as possible, but at the same time you have to ensure that you will not get rope drag at the end of the pitch. Many times, slings are too dangerous near the ground. A few inches sometimes can make a big difference for your protection to work at all. Therefore, it is often necessary to climb down after leaving a ledge or the ground to remove the gear you initially put in. Downclimbing is a part of climbing. Another option may be that the second can simul-climb up to the first piece to unclip it or something like that.

Helmet: If you are leading over a rope that crosses under you it will flip you on your head if you fall. In this case you will need a

helmet more so than others.

**Crack Handling:** If you come to a crack where the rope could get caught, place a nut in the crack to prevent the rope from entering the crack.

**Fear Of Falling:** One of the keys to aid climbing quickly on A1 - A3 is to be able to move on whatever you put in the rock the first time. This can be nerve racking, especially after you fall. If you cannot aid climb fast and climb on sometimes questionable gear this is something you should learn before you climb a big wall. If it takes you too long you will not be able to do the climb. You have to be ready to take falls on aid and to aid fast

## The Rock

**Loose Rock On the approach to Half Dome:** There was along the path a pile of loose rocks that gave way under my feet. The soundness of the path has to be something of constant consideration in places such as this. Likewise, while climbing one must watch that one does not enter into a cliff only supported by broken up rocks that may collapse.

**Rocks:** Before you belay on a ledge with loose rocks take as much time as necessary to remove all of them away from the edge of the cliff.

**Rocks On Lead:** If you think a rock is loose think before you even touch it. If you decide to test and see if it is loose you have to be prepared for it to fall.

**Rock Contraction:** If you lead a climb in the morning you may find that as the rock gets warmer some nuts may become stuck more readily due to the rock contracting.

## Soloing

When rope soloing you can back up your solo device by putting knots in the rope and having a carabiner on a sling that will not go through the knot.

## HANDLING THE HAUL BAG

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Is there a limit to how long a route, or how many days you can spend on it?

Some climbers believe that the way to success is to go fast and light, and to do otherwise has led to many or most big wall failures. But that is simply not the case. The reason for failure is obviously not because they had too much food and water, and then near the top had too much food and water. That's ridiculous. Rather, they had too much of something else and not enough of something else. Maybe not enough time, or enough rope, and they wore it out. I can give examples, but I will spare you.

How much water and food you need will depend on several factors. Consider that you will be on the wall potentially for more time than you anticipate, account for accidents, bad weather, parties clogging up the route etc. No amount of supplies is too much, provided you have enough food and water. In other words, it is possible to climb and take more than enough supplies. Plan to err on too much rather than too little. If, however, you know the route and are ready for retreats, you can take less supplies. Or if you have been climbing a long time on big walls, then of course you can take less supplies as well, you will be efficient enough that you will have more options available to you.

How Much Water To Pack In The Haul Bag.

In summer figure 1 ½ gallons a day per person. Last time I did Half Dome in cool weather, John and I used 1.5 gallons of water a day total.

In fall weather without extra water figure ¾ gallons per day per person.

Using bleach bottles or water bottles with duct tape around them so that they do not break has been the standard to secure water.

How To Pack The Bag.

Having the gear you need in separate bags or at the top of a bag is what good packing is all about. If you are sloppy you will only spend all your time sorting through your gear and losing things.

Remember that storm gear and a headlamp needs to be easily accessible, especially if it can storm.

Pad the inside of the haul bag with a separate stiff foam pad to protect the insides and outsides of the bag, the bag must be packed so that it is smooth and to avoid abrasion, and so it can get past overhangs. Some things get stuffed around others to take up space. Pack the sleeping bag in a heavy duty trash-bag so it cannot get wet if the water bottles should leak. The water bottles are heavy, and they go to the bottom anyway.

The best system for packing is keeping most things in plastic trash bags.

### Way To Haul.

I highlight important gear in bold letters.

Do not load jumars more than 300 pounds, it will damage the rope.

The best way to haul 2.1 or 3.1 is with a static **9mm perlon cord** 10' long. This line is strung through **a double pulley** on the top and **single pulley** on the bottom. You are attached to one end to shorten the line in the pully system by walking down the cliff a few feet, to thereafter after climb back up. The other end is tied to the anchor point on the bottom pully. The bottom pully is also attached to **a jumar** which is attached to the 170' 11mm haul line which jumar goes up and down in the same place on the cliff. When you go down this jumar on the other side goes up. Think of it like a seesaw with you on one side and a jumar on the other.

And finally, there needs to be **a stationary jumar-pully** on the bag pully rope to keep the bag moving in the right direction.

Use a short sling on the top pulley, which will allow it to move around a little. or spin.

It may be advisable to have a swivel joint on the bag, although I have never needed one.

In the hauling process it is a good idea to use **rope bags** to keep the rope from getting all tangled up in each other or stuck permanently in a crack below. Especially if you have more than two lines.

It may be necessary to have the cleaner tether the haul bag to himself in some cases so he can keep them from getting damaged or stuck.

Use two anchors so the pulley stays more stationary.

When you get the bag to the haul station it is best to secure it with a separate **7mm static perlon cord** using a knot, which is

called an alpine clutch/garda hitch, maybe 10' long.

### Way Of Attaching The Haul Bag.

The haul line must be detachable by carabineer from the haul bags, all haul bags are connected to the same beaner by sub-beaners. I recommend hauling with an 11mm. If however the loads are lighter and there is no anticipation for heavy abrasion, the standard is a new **9mm static rope**. A non-static lead rope can be used (though not advisable for hauling), especially if the bags are light and are going to be laying on the wall and will not bounce up and down.

Hauling past knots requires adjusting the haul system.

The haul bag needs to have a swivel joint on it for traverses.

Use the cut off top of a plastic bottle to protect the knot on the haul bag. Tie back the cap back so the wind does not blow it up the rope.

It is better to drag them all in a line to reduce rope drag. But when you get to the end you will wish to connect all the haul bags together at the top in such a way so you can separate and open them at the belay.

### The Dangers Of Hauling.

Make sure the cleaner does not get hit with debris falling from under the haul bags as they pass over rocks.

To make sure you cut loose the haul bags at the right time wait till you see the haulbags moving up in the haul process.

For long traverses you will need an extra line to lower out the bags so the water bottles do not break open. At those points the gear transfer to leader Zip line can be used. Or hopefully, you only need to lower out the bags only so far, and can use the end of a rope you can put through.

But typically, for lowering out bags, have them already tied off with a munter hitch followed by a half-hitch that you will be able to untie, or else by a prussic knot followed by a square knot.

The pulley can break or get dropped, bring a spare pulley and consider backing up old pulleys or pulleys under heavy loads with a locking carabineer.

### Moving with the Haul Bag.

If you need to rap or jumar with the haul bag attach it to the same place on your harness where the rap carabineer is.



## Anchors

The anchors for the haul bags should be separated from the belay anchors. In some cases the haul bag anchors can be used as backup and in some cases they should be separated, this is something that needs to be calculated. When there is not enough anchors at the belay / haul station new bolts should be drilled or else anchors should be incorporated into the system from above.

With a static line, be careful not to do anything that might shock load the anchor. Be careful not to have a sloppy system, because having a static rope means that you can break anchors. Don't forget the drill.

## Hauling The Poop.

PVC Pipe is antiquated by the use of used water bottles cut, taped shut, and hauled behind the haul bag. Extra water bottles can get dragged behind, cut open and re-taped with duct tape to store human and other waste. Here you may also need to occasionally use a funnel to urinate into a used bottle.

At either end of the rope for hauling one bag and belay there should typically be:

Six strong carabiners.

Two 20' 7mm perlon cords (to make up a cordelette).

Six runners different colored preferred.

Two locking carabiners.

Two 8mm perlon loops 7 foot long.

Using a long cord making a knot for a belay instead of slings is a better idea, because the cord will use less space on the carabiners. Make sure the anchor knot does not lay over the top of other gear or in the way in the carabiner.

## Leading and hauling with three people

A team of three can climb faster than a team of two if there is extra gear to lead with before the cleaner is done cleaning out everything. However, this requires practice and coordination, otherwise it will not work.

However, on long leads (A4) it should make less of a difference.

A tag or zip line 6mm can bring up two haul lines, one of which the third person would jumar on while there is hauling going on, on the other line.

## Fixed lines.

Sometimes while climbing and hauling you are climbing between fixed lines. Static lines are best for fixed lines. Keep in mind that if the rope gets wet and dries it could shrink and blow out the anchors. Anchor fixed lines so as not to be too tight so the rope cannot saw them apart.

## WHAT TO PACK IN THE HAUL BAG

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### Day Climbing list:

water	water	tyvek suit
food	tape	charger and phone
nail cutter	headlamp	cordless speaker
rope	guidebook	
harness	jacket	
hardware	tick spray	

### 1. Equipment you will need for the wall:

#### **Clothing:**

2 pairs of jeans  
1 painter pants  
3 shirts  
5 socks.  
Climbing boots  
Climbing shoes  
Rain gear

Light raincoat  
2 fleece sweaters.  
Helmet  
Gloves  
Sneakers  
Socks  
Extra socks

Waterproof Bags  
Sleeping Bag  
Bivouac sack  
Gortex & tied in  
Sleeping bag & ti-in

### 2. Equipment you will need for the wall:

#### **Sleeping equipment:**

Fly for mosquitoes	Handy flashlight	Handy phone
Sponge if it rains	Rain gear	Handy radio
Pad & tie in	Tent fly.	Handy water.

#### **Portaledge:**

The advantage in taking a potaledge on+ a trade route is that one can overtake other parties between ledges. It feels good on your back. The disadvantage is that you must haul it up and carry it down.

#### **Top Pocket: Bathroom And Medicine:**

Chap-Stick	Sunblock	Salt
Neosporin	Roll of Toilet Paper	Baby wipes
Nail Clipper	Zip-lock Bags	Headlamp

**Extra Bathroom and Medicine:**

Tape for blisters	Mirror	Sterol pads
Razors	Toothbrush	Scissors
Aspirin	More toilet paper,	Razor-knife-
More Baby wipes	Vinegar	Lighter for rope
Iodine solution	Stomach acid pills	Bag to make splint
[first aid kit]	Tylenol	Tweezers
Floss		

**3. Equipment you will need for the wall:****2<sup>n</sup> And 3<sup>rd</sup> Haul Bag****Water**

Water-80-60 degrees 1 gallon per day for two people in Coke bottles taped to haul in pints, plus extra. On an eight day climb with decent = 9 days = 9 gallons plus 1 = around 11 necessary gallons. We only had three empty containers last time = 7 ½ Gallons. Used almost 8 gallons in 9 days.

Also, carry with you an extra water bottle.

**Food:**

Don't forget the stove and can opener if it is necessary to cook.

Vegetables	Hardboiled eggs.	Spinach
Meat in containers	Apples	Pineapple
Sardines.	Oranges	Bananas

**Trash:**

In Separated bag.

And also trash in Ziplock bags.

**4. Equipment you will need for the wall:****Small Haul A. / Seven Gallon Bucket: keeps the mice out.**

Supplements	Avocados	Spinach
Perishables	Oranges	
Fruit	Bananas	

**5. Equipment you will need for the wall:**

**Small Haul B. / Seven Gallon Bucket: keeps the rain out.**

Camera on sling	Cap visor	Magnifying glass
Charged batteries	Neck cover.	Duct tape.
Small Bible	Sunglasses	Needle and thread
Paper & Pen	Spoon, Fork	Weather Reports
Ear Plugs	Thin knife	Radio
Cell Phones	Can Opener	Tape
Solar Panels	String	<del>Knee pads</del>
Head Lamps	Willkie Talkie	Reading glasses
Extra batteries	File	Plastic case

**6. Climbing Equipment you will need for the wall Bag 1:**

**Rope Bag**

200 M Rope Static  
200 M Rope Dynamic  
200 M Rope Dynamic  
200 M Rope Tag Line 6MM  
2 Rope Bags

**7. Climbing Equipment you will need for the wall Bag 2:**

**Leader Equip. Carabiners, Slings, Hauling**

Pulley system, and an extra system elsewhere. 3-1 haul system.  
Wall hauler Pully  
Bottle Caps or funnel head  
2 Solo-Grigris and 10' 11 mm rope.  
Slings  
Slings  
Cordalet  
Butbag  
Nut tool

**Seconds Climbing Gear**

Stich Plates To Rap Off	Grigirl
Extra Chalk already in Chalk bags.	Spare Locking Caribiner x 3
Jummars	Fifi Hooks
Jummars	3 Locking biners.
Third Spare Jumar	Butbag
Spare Pully	Nut tool
Grigri	

**Hard Aid rack equipment:**

Bolt Kit / Cheater stick

**Hard Aid rack equipment:**

hooks	Bashies	Two-1 1/4"
Crackinups	Other Petons:	One-2 1/2"
String	2 Rurps	Wire for fi-fi repair
Bashies	3 Knife blades	Plastic p-rack biner
Wire bolt circles	One LA	Hammer
Toy biner and cable	Two-1/2"	Chisel

**Soft Aid rack equipment:**

2 atreeaides and	daisies	Equalizer Sling
daisies	Bag leashes	
2 atreeaides and	Equalzer Sling	

**Climbing Rack Friends:**

Rack Friends	Set metolius cams.	Slide
Metro friends	Trycams	
Set of offset friends	Two Wood Blocks	

**Climbing Rack Nuts, 40 Caribiners:**

Rack Stoppers	Pully Biners
40 Light Caribiners	3 Lockers

**Equipment you will need for Ice:****Basics:**

Three ice tools.	No fog Glasses	Thin gloves.
Body catching	Boots & Gaiters	Harness
leashes	Coat	Handy water bottle
Fi-Fi hook to hook	Two pint pockets	Power bar.
Crampons.	Extra glove	Small backpack
Goggles or	Face masks	

**Sleeping Equipment:**

Extra sleeping bag	More Matts	Tarps
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**Igloo building equipment:**

Bivouac sack gortex	SMC snow saw	Snow shovels
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**Ice menu:**

You may use a pound of food per day. Buy food before the day you are to leave. You may need a Bibler Hanging Stove for porta ledge. If so you will also need Stove-fuel; one bottle per day per two men

Disposable plates	Soup	Yellow cheese
Knife	Salt	Cold cuts
Figs	Cream cheese	Fruit, bread

Oranges  
Hard boiled eggs

Mayonnaise,  
Mustard,

Cereal  
Oranges

**Ice Clothing:**

14 pairs thick wool  
socks  
Wool pants,  
Zippered Snow

pants,  
Vapor barrier,  
Helmet,  
Long Johns,

Cagools.  
Pairs of very thin  
gloves.  
Extra gloves

**Ice things to carry:**

Wide water bottles	Ski pole	Three axes
Compass & Map	Conduit pipe:	Rappel device,
Two sandwiches	Steel pipes	Harness
Small camera & film.	Two 165' ropes	Gibs ascender
Glacier goggles	Screws & carabiners	Two clogs
Insulated boots	Screw cleaner	Rack
		Silicon

**Other:**

Ax for cutting ice	Guidebook	Snowshoes
String for tying load	Red trail tape	Extra SS straps
Thermometer	Label the bags.	Spotter scope
Thin knife	Mouse traps	Duct tape for gaiters
Sewing kit	Plywood and tarp for floor	
Toy carabiner	Small pack	

**Other: Night & Rain & Mt. Washington Advice:**

Take lighters	Four maps
Four compasses	Ten flashlights

**Other:**

Plastic jar	Tooth brush	Pot
Roll of toilet paper	Soap	Candle
Wash cloth	Towel	
Tooth paste	Two plastic jugs	

**In the Snow:**

If you plan on hiking up a hill with snow shoes you will need to make a back for them so they will hold in the snow.

Having a watch is important so you can keep track of the time. For every six hours you go up it will take you about 1 hour to come down.

When you are hiking on steep hills a large ice ax is helpful.

Igloos tools, Igloos are better than having a tent in many in the snow situations.

Pre-sort everything before you leave with the necessities on top.

It is good to have disposable plates.

Be careful not to rip your gaiters when walking.

Pants with a strong seat and easy opening are important.

\_Plywood is helpful for assembling igloos when the snow is powder.

**Additional advice added but not edited into the lists yet:**

One Camp Large Mobile Double Pulley on Ball Bearings.

One diamond swivel.



Two Camp Large Mobile Pulley Brass Bushings.

## LEARNING NOT TO SOLO

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After I first started climbing in New Paltz for a while, that was the only thing I was really interested in. Pursuing a career and finding a girlfriend was not on mt tic list. Women typically were not interested in climbing mountains, and even if they were interested at some point you had to make inexcusable compromises. I had to pick between one or the other, climb or get a steady job and do what everyone else was doing. I chose to climb.

So, I would work a few months and then I used to camp out for a few months at the Trapps' Cliff in New Paltz, NY. When I was there, I slept on the Carriage Road or in the first aide litter on top of some big rocks under the Hudson Boulder Problem overhang. It was the only dry place when it rained. Sometimes it would rain for days, usually no more than three at a time.

After some time on one sunny morning while I was just getting up I thought to myself "*Why not try to solo something hard, maybe 5.10?*" I had heard of people soloing climbs. I thought to myself that maybe Swing Time would be a good idea, or Erect Direction, I thought. I had made a conscious decision that it did not matter if I fell. I had lived my life and was ready to commit my life more fully to climbing or what might lie beyond it. There was nothing in the world that I felt was worthy of my devotion that I needed to stick around, so with that I said: "God here I come." knowing anything awaited me, I might make it I might not and that was okay with me at the time. Yet, I believed that 5.10 was well within my abilities.

It was about 7:00 AM when I made it up to the big blocky overhanging wall 200' above the ground on E.D. I traversed right carefully out over the rock concentrating on what I was doing. Then around the corner I came. Splat splat splat splat on my face. I climbed up the wet open book to its top. To my surprise I realized that the climb was dripping, I forgot that it had showered the day before. Then I traversed left to leave the corner out over the roof, but the chalked holds I was using where seeping. I could not handle it and back right I went to rest in the corner. Later I tried it again, but it was too much for me, and I was getting sewing machine leg. "Now what?" I said to

myself. "I cannot go down, its wet, and I cannot go up." I decided to postpone this thing, if I could, I changed my mind, I was not ready yet for so much commitment to possibly die. I decided to call for help and see if someone could rescue me, which was a little embarrassing. I was totally unprepared for this, I did not expect to be in this kind of a situation. After some calls for help an hour went by and some guys from the carriage road climbed up Updraft, repelled down, and threw me a rope to tie in with. Ironically, I made it up without falling. and I was very thankful for the rescue.

I decided I first needed to figure out if there was a God, heaven and hell and had no business doing anything else before I figured this one out for myself. This was a question that I realized that I had ignored, and now I realized how stupid it was not to know the answer with certainty in this situation I was in. I had continued on in life as if it made no difference up to this point, but now it made a difference. So back at my parents' house I confined myself to my room for a month to try and come to a logical conclusion. I could do nothing until this question was answered unbiasedly, truthfully and logically. After the question was answered I could go climbing again, but not before.

### **Conclusions I came to after stopping to think about it for about a month:**

HELL. There may be a place like hell for those who love sin rather than love God. It is better to live one's life believing there is a God. and possibly be wrong and go to heaven for eternity rather than the other way around.

MEANING. If there is no God then all life has very little meaning. It is better to live one's life believing there is a God as this sets the course of one's life on the only logical path. Chaos is the other resulting alternative.

WHO IS GOD? Looking around at the world I found that God must be love. The highest aspect of one's life is how much one has loved or is loved.

Therefore, God must be love and love must be God, love is not God if it is a subjective kind of love. Love will be God.

EVOLUTION Since there is today no need for living intermediate kinds, nor a clear path of dead intermediate kinds in the fossil record, the theory proposes what is convenient for it rather than what is

logical. There was not enough evidence that I could put my faith in this theory that life clearly should have evolved or is evolving.

IS THERE A BOOK? The Bible is full of truth like no other book that points to a God of high standards of love and logic. No reason to try and reinvent the wheel.

FINAL CONCLUSIONS After I came to these conclusions, I believed I finally had a good answer. And it was after a few more weeks this on September 4th at 9 AM 1979 that I committed my life to Jesus and made Him Lord of my life. It seemed like a good idea at the time, so I did just that and have never regretted it. Now I know that if I should die, I know with absolute certainty where I am going and that there is a God. He has in fact saved me many times, too many stories, I could never remember them all. But I will list one here.

Knowing God has its advantages. While cutting a tree 50' up my anchor came unclipped and I was falling upside down. I then learned that you cannot catch branches with the back of your hands. I immediately prayed to God, "Jesus, unless you do something quick I am going to land on that fence down there." and I believe that He saved me. I promised God that whenever I had a chance then after I would tell this story. Then I climbed back up and finished cutting that tree.



