

3/2/19

THE DEFINITION OF MOUNTAINEERING

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**Note that this work is intended to be used by or with experienced
climbers and is not an instruction manual on how
to being learning how climb.**

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CLIMBING ETHICS

What should or should not be considered a legitimate ascent, is a question I had often struggled with in my early years of rock climbing, of which questions I think can also be applied to different types of mountaineering. During this time, I went through various techniques to try to answer this question. At one point I made it my goal to accomplish climbs with no falls following the example of Jim Erickson, and to insure this I did a lot of down climbing. But I found this became very impractical and tiresome for my belayers.

When I started climbing back in the 70's and 80's the climbing scene was way different than it is today. It was very political back then. Everyone knew each other (or knew someone who knew who you were), everyone was familiar with what you were doing. The Gunks were an exciting place to be while everyone was trying to put up new routes. The people that were making the most of this naturally did not naturally appreciate the competition, for fear that either they would lose a route, or that the potential for the better future routes would disappear. Some people would even steal other people's projects, the atmosphere had a lot of drama, tension and adrenalin. While the last aid climbs were being freed, as it came about, there developed two separate groups within the Gunks climbing community.

Among the leading influential climbers of the era were John Brag, Mark Robinson, Russ Raffa, Rich Romano, John Standard, Richard Goldstone, Kevin Bein as well as others. Among the majority, there were ethics and morals set in stone. There had to be approval for your having freed an aid route or free route for it to be considered legitimate. And when people did not meet the standard their work was not recorded in Dick Williams Guide.

Henry Barber also had initial political influence in the Gunks, but after 1978 people lost interest in anything Barber had to say or do. Barber had abandoned his climbing partner Rob Taylor on Mt Kilimanjaro, and people hated him for that.

For new comers to the Gunks, climbing in sloppy style was spit upon, mocked, and those people who continued to engage in such, who were unteachable, they were ostracized. For example, Bill Ravitch (the Gunks climbing bum, historian, and expert) believed that if you could not climb a 5.9 on top-rope you had no business trying to climb 5.8 on lead. What was paramount was that a climb should be done in good style and without weighting the rope to check out the climb. Using the rope to hold your weight was considered aid if you were hanging around. Climbing was a sport for the old, and not for the young, and if you had not been climbing over five years it was

understood that you had a lot to learn. But if you had the experience, falling was considered reasonable.

You learned to respect the standards, and if you did fall where you went next was back to the ground or the ledge and never under any circumstances back on the crux. And if you could not do a climb, you did not bring the climb down to your standards, you left it for the better climbers to finish the ascent in good style. This was told to me by Mark Robinson. And for example, when we are talking about mountaineering and using supplemental oxygen, others fixed lines, and such things this would likewise mean one has no legitimate right to claim an ascent then if they used a ladder. Good style is to retreat and do easier routes in this case.

Therefore, by no means did Sir Edmund Hilary make a first ascent of Mt Everest in 1953, nor did James W. Whittaker make the first American ascent in 1963. Rather the first ascent of Mt. Everest was done by Reinhold Messner in 1978 without the use of supplemental oxygen. A man has to climb what is the mountain in it's most natural and reasonable form to be a mountain climber.

It was not until Max Jones and Mark Hudon came to the Gunk's around 1979 climbing Between The Lines with Mark Robinson and Kevin Bein that the Gunks ethics came into question. They explained that their hangdogging was necessary to do the new standard, and the really hard climbing. That it was through this ethic they created the Phoenix 5.13a which was accomplished breaking through new free climbing barriers in Yosemite. No one from the Gunk's gave them much of an argument after they explained themselves, that they had to work through each section separately one section at a time, and thereafter piece them all together. They said that otherwise, it would never work. Mark Robinson mockingly referred to this kind of climbing as Phoenix Style, and so it was that it did not catch on at the Gunks during this time.

Another group of climbers eventually disregarded this exclusive and powerful governing body within the climbing community and went with a process of rethinking the ethics to one degree or another. They came to reject the idea of having their routes recorded in any guide book considering it a higher standard not to have a place in the climbing guide, to leave no trace, and climb for a greater purpose of leaving things in their original state. Such as what was already the case in Lost City or Bonticou. This group was sensitive of the evil of the ego driven worldview full of competition, and jealousy. They sought to eliminate it this kind of thinking and the struggles within to see climbing as what it should be, just you and the rock and nothing more.

The conclusion was that climbs were recorded anyway, and inspections, hangdogging, and aid was considered unnecessary and undesirable. Rich Romano was a key influence in bringing these concepts to bear, in what should be the accepted style, or what was and what was not "climbing".

Through my own journey in these ethics I have come to the same conclusions, that aid (upward aid or starting past the ledge from hanging on the rope) is unnecessary as well as a demonstration of the lack of patients and vison.

Some climbers made it their aim to do their climbs with no falls, this was their goal. But in doing so this meant that they sacrificed their safety as well as climb things below our limits. This kind of climbing never caught on among the elite and was only something that new climber used to work at. The typical routine was rather, when you are leading a hard climb you should have a plan in mind as you pass your last good piece of protection. What this meant is that you had to determine how far you could go up the cliff based on how far you can fall safely without hitting something. After you found something good again you would continue to work through the next situation. If you could not find anything good you would down climb, or fall, so you could rethink the climb until you came up with a better plan. Gear was the plan, or else the plan was one that had very low risk that was carefully thought through, rather than a no fall ascent. In this way climbing was an exercise that has to do with steps, one step at a time, and each step was built on the next. I remember on time someone asked Mark Robinson if he wasn't afraid of falling. His answer was laughingly that he was, and that he was scared even if he fell three feet. What he meant by that was that when he climbed there were no surprises, and Royal Robins basically said the same, that he did not take uncalculated risks.

As had been dementated through the years, how many times you lower down off a climb is not most important, rather having solid gear is what makes for the best style. If your gear is falling out while you are leading people will think you are an idiot. No one should think they need to unnecessary risk their life for style, doing what could be a safe climb---to flash through in such a manner actually demonstrates the height of foolishness and bad style. For example, this kind of thinking would prove Alex Honnold to be climbing in poor style because there is plenty of gear around in much of what he solos. Climbing is actually physically harder and more time consuming with a rope and a rack then having a route memorized on solo. To not fall leading is a greater accomplishment not because of what is at stake, but because the climb is more physically demanding to make it a responsible accomplishment.

Who or what is not tied in will eventually fall off sooner or later, put other people's lives at risk, and guarantee failure in the long run. But it makes for good movies, and newbies love it ... does that make it smart? Most people who have been climbing a long time don't see the advantage of putting your life at risk, that the climb should now become the greatest form of idolatry. The 10 commandments actually have nothing to do with rocks.

Other points in the argument are that good style necessitates pulling the rope through. However, pulling the rope through before a second attempt does not prove anything, because real climbing has nothing to do with a rope. Perfect style is not to fall in the first place, to never climb into what you cannot finish without falling. Nevertheless, you will fall when you push your limits. So therefore, this no fall style is just as unreasonable as feeling you need to pull the rope through to make it a legitimate lead.

Another point to come to grips with is that a top-rope also makes for a first ascent. Ironically, a top-rope should make for a first ascent because a party of two that take turns leading a route are both considered as having made a first ascent. It has always been that way. Typically, when you have spent enough time climbing the fear factor or where the rope is, is not what makes for the real problem in the ascent, rather it is getting through the physical work to make the climb. That's, provided the rating is between G and R.

Leading or top roping both use the add of the rope, you cannot argue that the security of the rope is out of the picture in either case. And therefore, it is now obvious that all those bolts in New River Gorge (for example) do not make for a better style of climbing. I would say it is the opposite, that they create a work of fiction, there is nothing natural about bolts. This would actually be climbing in bad style. The need for bolts on short cliffs is no more essential chipping holds.

In conclusion it has been demonstrated that using aid for upward progress is unnecessary, nevertheless at the same time I would agree there can be exceptions to the rule. In cases such as this it would be better to initially make the first ascent on aid, to then thereafter free the climb.

The Dawn wall is just this kind of climb, a completely new kind of climbing.

It is so big that it's a climb where what it is all about is finding it. Its 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 well straightforward following a corner and a crack. Here "Where is it?" is always the question. To just climb to find the route would be the same as to say you must find your way back in a fog if you were lost at sea. Should you row as hard as you can now? No, you first need to see the climb.

The next problem has to do with finding the holds. The climb is so elusive that you need a magnifying glass and tick marks to see where you are going to go before you even set foot to leave the ledge. No one has the eyes to do this kind of free climbing without aid. If you did just climb the climb you would not be able to understand either what you are doing or what you just did, there would be no understanding anything.

This means that for this climb it's so different that now style must needs be sacrificed if there is going to even be a climb. While hangdogging is counterproductive in finding "the climb" on other cliffs, here aid is the foundation of good climbing, and the first ascent party has to make this sacrifice to bring the climb to light.

So, what made for good or bad style before makes for the completely new kind of climbing. It's a mixed climb, so the better you can utilize the aid end of it the better a climber you are. The style is divided between aid and free climbing to then be combined again at the end only in regard to the beta and free climbing alone.

In relation to ground up style this aforementioned style is in another category, the aid and the free. The free redirected to become aid and then the aid is redirected to become free. Traditional ground up style only goes in one direction from good free climbing to better free climbing.

The aid-free style climbing can take on a temporary idealistic form to later become fulfilled in every sense.

A clarification of the aid-free style. While I think that it is true that you may need to do some hanging around if you are 20 pitches off the ground and the climb is eating the skin off your finger every time you attempt the next pitch. That the climb is impossible without some compromises and the resources are limited. But I do not think it is true, that you have to hangdog on climbs that you can do given enough time when they are one or two pitches long.

And furthermore, on some of these climbs hangdogging is not going to make any difference for the following reasons:

- 1.) You are just too weak to do that climb now.
- 2.) You are simply lacking in the climbing skills that you should have developed on easier climbs on how to potentially flash through.
- 3.) You're too slow to the crux because you keep starting in different parts of the climb. You need to get the previous move wired, you're climbing is disorganized.
- 4.) You would be flashing but instead you are suffering from the hangdog philosophy.

I don't want that kind of unnecessary style to predominate my philosophy while I am climbing, what it should and should not be when I am on lead:

- 1.) Where I am always debating in my mind if I should fall and do some more hangdogging. Here the climbing becomes confused and interrupted with thoughts of having to do with different kinds of aid rather than just doing the climb full on.
- 2.) Where I am thinking that my climbing can be dependent on my belayer to help me up the climb. That the belayer can be equally to blame for my not making the climb.

Hanging on the pro resting while your partner is hanging on the other end. It's a struggle just to keep the tension right, yanking pulling jumping, it appears to be some kind of a yin yang seesaw struggle. Maybe someday climbers will invent a crank to take to the cliff so they can ratchet their leader up to their high points. The second is doing more work than the leader, are they going to be strong enough to go when the turn is theirs? The stronger the belayer the better the climbing. I don't want to have to belay these guys, they need to come down so other people can climb and finish it. Unless you are seconding it, I don't see the point.

When it came to this bit of style, I think Tommy Caldwell and Kevin Jorgenson would agree. It appears that they did not even consider hangdogg the crux pitch as an option.

The Dawn Wall 1:04:30 K.J. "Every fall you go back to the start of the pitch."

The Dawn Wall 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 always believed climbing is something that should flow, to be in my mind as something natural every time I give it a try, nothing holding me back, and only something that has to do with me and the rock.

How to define beta: I will include this here because beta has to do with ethics. Beta is specific information about a climb that is available from a vantage point outside of the ground-up free-climbing ethic. Thus, beta is 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. A party could share information among themselves, but it was considered beta when the information was used by other parties who had yet to do the climb. The significance of beta was that it was a revelation of something you otherwise had no knowledge of unless you were part of the party doing, or who had done, the ascent previously. It was not simply information, it was information used to cut corners, take short cuts, cheat the system. Climbers who did not use beta were considered better climbers and the shining example of true first ascenders on any climb. These climbers regularly refused any kind of beta, except what a guide book 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 put the second ascent party at risk and with no beta. These kinds of ratings resulted in complaints from newbies in 90's who said it was dangerous to climb without correct beta.

Using beta to put up new routes or free climb is most unethical because of the potency in its effect. For example, in the history of free climbing, simply knowing other people had climbed through a section of a climb changed the climbs perspective and brought down the standards offered by natural free climbing. When it became known that a particular person had freed a climb, then everyone did the climb. Beta climbing cannot be separated from aid-climbing.

Ironically, using beta is excellent style, but only among the elite, when they have reached the absolute limits of human abilities, where guaranteeing an ascent has proved to be completely impossible without it. Yet, the style does not reverse, the rules still stay the same, in that the less the beta the better the ascent. But again, this is only true when you don't have to make retreats due to an insufficient amount of beta! In this case only, too much beta or else not enough of it makes for either good style or bad style.

I suppose it could be argued that the good style would be never to complete the climbs at the level of the difficulty slightly past the edge of human achievement, and if you did the climb then that would be bad style. But I don't think we have to go that far because we are all using aid to a degree that makes free climbing reasonable. For example, we all wear shoes, man was made to wear clothing, that's where we're at. We do not have fur on our backs or pads on our feet like other creatures. Man was made to wear climbing shoes and use chalk, and since we can't fly and we make mistakes use a rope.

Therefore, on these really hard climbs skipping over these sections with less aid and more ground-up ethics is good style, but that does not have anything to do with climbing without clothing, shoes, chalk or a rope. If you fail because you don't use good climbing shoes, chalk, or a rope it just means you were confused, unreasonable and illogical. You failed to realize what naturally makes for good style and what makes for bad style.

Some would take it a step further. If we are not all products of evolution, if we did not self-create, if we are someone else's creation, which I think is a no-brainer considering what we now understand as infinite complexities of random chance which make evolution impossible---to put oneself at risk unnecessarily is breaking a natural law found in the Ten Commandments concerning idolatry. Granted, risk is unavoidable, learning how to deal with risk is good. This is what work is all about. But people do not need to lead with a blindfold or do those other similar things in what has proven to be bad style for what makes of not consistently finishing what you started or set a trend for the definition of sin and irresponsible foolishness.

WHAT MAKES CLIMBING PRACTICAL

1. 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 climbing. The use of pully-carabiners are helpful in these cases. But in the end, you should not have rope drag.
2. The way you tell if your protection is good normally is by looking at it, not just yanking on it. As you place a nut there must be a narrowing slot below that will further set your placement, this is what qualifies as being a good placement.
3. Secondly, gear must be set by yanking down on it. This will assure that it will not fall out when you move past it. And adding a sling here is sometimes necessary tot insure this.
4. Testing gear is sometimes necessary, you have to go to the ground the do this sometimes.
5. One of the key components that makes 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.
6. Pre-sort everything and be neat, know where everything is.

CLIMBING SAFELY

Royal Robins once said that he didn't have many exciting stories to tell because he did not get himself into the same situations as other climbers did. This paper is written to explain the mountaineering ethics worked out over the years by those like Royal Robins.

Sound climbing ethics concerning safety develop very slowly for most people. This is because most climbers are not out climbing is to develop responsible safety standards. Most people do not understand what their risks are until they make repeated mistakes that are noticeable directly to them. Ignorance is bliss until you realize safety talks and rules are a necessary part of climbing. And therefore, accidents do not have to be a necessary part of game where they can be avoided. You can control where you go and where you stay. Below I have some safety ideas in the acronym "safe".

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

"Analyze". Prepare yourself before climbing to develop effective thinking habits in light of the risks you are taking every time you climb. Double check everything your partner or your group does. Trust no one and nothing, not even yourself. This is one of the most important of all rules. Just as important is finishing whatever you start, as in tying any knots you start.

"Faith". Ultimately you cannot protect yourself from anything. Say a prayer.

"Experience". Using experience is a key factor in avoiding mistakes. But climbing is not an activity where you should plan on learning from your mistakes. It is better if you can find an experienced climber from which you can build your ideas on. But nevertheless, and always, being self-assured is the greatest of all evils. It takes five years or so, up at the cliffs to learn how to rig climbs safely.

SAFETY RULES

Most Importantly:

The most important thing to remember is that climbing is always dangerous. So then 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, do not assume anything.

Just as important is finishing whatever you start.

Pack a helmet. The wearing of a helmet is a necessity on many climbs. In some cases, it is natural to hit your head when you fall, such as when you are leading over a line crossing under you.

A lot of people can make concentration very difficult, always keep your attention only 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 annualization then you cannot climb in such a way so as to resolve problems and avoid accidents. Climbing takes concentration and if you cannot concentrate on the climb you should not be climbing.

When you are arguing with one of the people you are climbing with and are not communicating properly with them. When you are under emotional stress for any reason, especially if a member of your party has just gotten injured and you can only think about that, then you too need to be rescued.

Always stick to the previous plan you make with your partner if you can no longer hear him.

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

There is no substitute for experience, and it takes a minimum of five years to understand how to climb safely.

Belaying and Rope Handling etc:

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.

Newbies at the belay. Don't let a new climber belay without a gregree. Often they lose track of which rope 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.

Do not belay directly under the leader if you can help it. Rocks, equipment and the leader himself can land on you.

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.

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 bluejeans. Do not clip carabiners on your pants.

Sometimes it is safer to anchor off something besides yourself. It is safer and easier to rescue someone if you can be free to move around. When the climber does not have enough rope to lower to the ground, this can become very challenging.

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 yanked.

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.

If you are going to be belaying for long periods of time, like on an aid climb, use a Gregree.

Practice always putting a knot in the rope so the end of the rope can not go through the belay device.

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

Do not belay in a way that the leader will fall into the rope.

If communication is impossible during a climb you should make the belay shorter.

Do not let a rope hang below you to get caught in a crack, and if it does get caught do not pull it so hard that it cannot be removed.

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.

Do not set up a lead that has poor protection for the second.

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

Climbing with or near children under 18 is not a good idea.

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.

Slings should be as short as possible, but at the same time you have to insure that you will not get rope drag at the end of the pitch. Many times, slings are dangerous near the ground. A few inches sometimes can make a big difference if your protection will 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.

Use special care when using a munter hitch to rappel with, that knot has a dangerous tendency to unclip locking carabiners.

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

If you are rappelling on fixed lines and use a figure eight it will not work because of the way it kinks up the rope near the end even more so then other devices.

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.

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

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.

Watch your partner if he or she is a new climber that they don't bump their head on protruding objects when walking or climbing.

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.

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

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

If you lock a screw gate carabiner under a load you may need to load in it to unlock it.

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.

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

The bowline knot does not work properly when loaded from the loop.

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.

One of the keys to aid climbing quickly on A1 - A3 is to move on whatever you put in the rock the first time. This can be nerve racking, especially if you fall.

It is a good idea to have a headlamp in case you get stuck in the dark.

ALL ABOUT THE HAUL BAG

What Water To Pack In The Haul.

How much water per day to haul will depend on a number of factors. Consider that you will be on the wall potentially for more time than you anticipate to account for accidents, bad weather, parties clogging up the route etc.

In fall weather without extra water figure $\frac{3}{4}$ gallons per day.

In summer figure $1 \frac{1}{2}$ gallons a day per person.

Using bleach bottles or water bottles with duct tape around them so that they do not break is the standard.

How To Pack The Bag.

Having the gear you need in sperate 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 gear and losing things.

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

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

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

Way To Haul.

The best way to haul 2.1 and 3.1 is with an extra 9mm 10' line strung through 2 or 3 pulleys attached to you on one side and a jummar on the other. When you go down this jummar goes up. Think of it like a see-saw or a lever that acts on a box.

Over this aforementioned system there is the pully.

And finally there needs to be another jummar on the bag side of the pully rope to lock the rope for only a one way direction up. Otherwise the bag and you would just go up and down like a seesaw.

Use a sling and or a swivel joint on the top pulley, which will allow it to move or spin. It is better to have the swivel joint on the bag.

In the hauling process it is a good idea to use rope bags to keep the rope from getting tangled up in each other or stuck permanently in a crack below.

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 stationary.

To secure the load use a alpine clutch/garda hitch. Use a 7mm perlon cord static 17'

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 9mm on a static rope. A non-static lead rope is fine if the bags are going to be laying on the wall and will not bounce up and down, as they would out in the open.

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.

Connect all the haul bags together at the top in such a way so you can separate them at the belay.

The Dangers Of Hauling.

Make sure the cleaner does not get hit with debris falling from 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.

For lowering out bags out use a munter hitch followed by a prussic knot underneath secured with a square knot.

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 Zip line can be used.

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 jummar 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. 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 shock load the anchors, especially with an uneven tie in. In this case you can break anchors. Bring a drill.

Lowering Out Bag.

It makes better sense in many instances to lower out a haul bag by a carabineer that will ride up and down on the haul line. This allows the lowering

line to go through a horizontal line thus using less rope. Sometimes it is better to let the rope go attached to the bag and other times it is better to pull it back to the lower belay station.

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, to then empty it when the wind is right.

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

Six strong carabineers.

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

Six runners different colored preferred.

Two locking carabineers.

Two 8mm perlon loops 7 foot long.

Using a long cord with a knot for a belay instead of slings is a good idea because the cord cannot lay over the top of the other gear in the carabineer.

Leading 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 can become too complex.

The extra food however could be argued to have things work out to be around at the same speed on a wall under certain circumstances, such as a lead that is timely harder than A3, weather problems, and other considerations. So, to assume that a party of three is faster can be taking additional risks, especially if you are doing a first ascent. A tag or zip line 6mm can bring up two haul lines, one of which the third person would jummar on while there is hauling going on, on the other line.

Fixed lines.

Static lines are best for fixed lines. If the rope gets wet and dries it could shrink and blow out the anchors. Anchor fixed lines not too tight so the rope cannot saw them.

WHAT TO PACK IN THE HAUL

Equipment you will need for the wall:

1st Haul Bag

Sleeping equipment:

Bivouac sack, Gortex & tied in.
Light rain coat / 2 fleece sweaters.
Sleeping bag & tied in.
Fly for sleeping bag to keep the mosquitoes out.
Sponge to soak up tent if it rains.
Pillow that stuffs into sleeping bag & tied in.
Sleeping pad & tied in.
Accessible flashlight, & rain gear & tent fly.
Accessible cell phone and radio and water.

Portaledge:

The advantage in taking a portaledge 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.

Clothing:

2 pairs of jeans 1 painter pants and 3 shirts 5 socks.
Light boots to aid in, that you can also climb friction 5.9 in without slipping.
Climbing shoes
Knee pads
Gloves, always gloves in case you cut your finger.
Reading glasses in plastic case.
Rain gear.
Tape
Helmet

Top Pocket: Bathroom And Medicine:

Chap-Stick / Neosporin / Nail Clipper / Sunblock / Short Roll of Toilet Paper / Plastic Zip-lock Bags / Salt / Small container Baby wipes / Headlamp.

Etc.

Tape for blisters
Razors

Aspirin
More Baby wipes
Iodine solution [first aid kit]
Mirror
Toothbrush
More toilet paper,
Vinegar for digestion,
Stomach acid pills.
Tylenol
Sterol pads
Scissors
Razor-knife-lighter: To repair rope.
Metal to make splint.
Tweezers
Floss

2ⁿ And 3rd 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 extra water bottle.

Food:

Canned vegetables
Meat in containers, sardines.
Hardboiled eggs.
Apples
Oranges
Spinach
Pineapple
Bananas
Stove if necessary

Trash:

In Separated bag.
And also trash in Ziplock bags.

Small Haul A. / Seven Gallon Bucket: keeps the mice out.

Supplements. Perishables to start out with such as Fruit, Avocados, Oranges, Bananas, Spinich and some water, and room for some trash.

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

Camera and charged batteries, short sling.
Small Bible
Paper & Pen
Ear Plugs
Cell Phones and Solar Panels to Charge.
Head Lamps one set of extra batteries.
Cap Visor with neck back cover.
Sunglasses
Spoon, Fork
Thin knife
Can Opener
String
Willkie Talkie
File
Magnifying glass
Duct tape.
Needle and thread.

Small Haul C. / Rope bag for wall hauling apparatus:

Pulley system, and an extra system elsewhere. 3-1 haul system. Rope bag. 6 MM rope 200'. 2 Locking biners. Bottle Caps.

Small Haul D. / Climbing Gear Parachute Bag on Daisy's on Leash

2 Solo-Grigris and 10' 11 mm rope.
2 Cordalets for haul bags
Stich Plates To Rap Off on Decent
Extra Chalk already in Chalk bags.
One lead rope
One Static haul rope green
One static haul rope read
One 6 mm guide rope.

Aid equipment:

2 hooks
2 atreeaides and daisies per person / jummars
String
Bashies
Wire bolt circles
Crackinups
Cheater stick
Wood Belay Seat.

Other climbing equipment:

Favorable Weather Reports and a radio.
Fish hook
Nut tools
7 Slings
Repel plates
165 mm Rope
One Hammer or Mollnir ax to beat down cans and hammer a few pins, 6 pins.
Tent Pole to reach high.
Chalk Bags
Wire for threading fi fi hooks with broken cables
Gri-gris
Two gear rack slings
Toy carabiner and rope for pins
Rack
Harness
Other Petons:
2 Rurps
3 Knife blades
8 LA, 2 1/2", 2 1 1/4", 1 2 1/2"
Peton rack loop.
Padded waist loop to protect from harness abrasion.

Nuts to 3 ½

Metro friends One set of offset friends one set of metolius cams.
Trycams
Crackinups
Polic nuts
Stoppers
Sliders
Bashies
Carabiners 80

Equipment you will need for Ice:

Basics:

Three ice tools with body catching leashes on all.
Fi-Fi hook to hook on ax to rest.
Crampons.
Goggles or glasses that do not fog.
Boots & Gaiters
Coat with enough pockets to fit two-pint wide mouth water bottles.
Extra glove.
Face masks
Thin gloves.
Harness

Small water bottle to carry in jacket with power bar.
Small back pack

Sleeping Equipment:

Extra sleeping bag
More Matts
Tarps

Igloo building equipment:

Bivouac sack gortex
SMC snow saw
Snow shovels

Ice menu:

You may use a pound of food per day.
Buy food before the day you are to leave.
Bibler Hanging Stove for porta ledge
Stove & fuel; one bottle per day per two men
Disposable plates
Knife
Figs,
Soup,
Salt,
Cream cheese,
Yellow cheese,
Cold cuts,
Fruit, bread,
Oranges,
Hard boiled eggs,
Mayonnaise,
Mustard,
Cereal,
Oranges.

Ice Clothing:

14 Pairs of thick wool socks, Wool pants,
Zippered Snow pants,
Vapour barrier,
Helmet,
Long Johns,
Cagools.
Pairs of very thin gloves.
Extra gloves

Ice things to carry:

Two-pint wide mouth water bottles
Compass & Map
Two sandwiches
Small camera & film.
Glacier goggles
Insulated winter boots
Ski pole
Conduit pipe: Not sure what this was for now.
Steel pipes
Two 165' 10 mm ropes
Screws & carabiners
Three axes
Rappel device,
Harness
Gibs ascender and two clogs
Rack
Silicon

Other:

Ax for cutting hole in ice for water
String for tying down load
Thermometer
Thin knife
Sewing kit
Toy carabiner
Rope for pins
Guide book
Red trail tape: which will only last three years
Label the bags.
Mouse traps
Plywood and tarp for floor of igloo
Small pack
Snow shoes
Spotter scope
Extra snow shoe straps
Duct tape for gaiters etc.

Other: Night & Rain & Mt. Washington Advice:

Take lighters
Four compasses
Four maps
Ten flashlights

Other:

Plastic jar

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

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 necessitates on top.

It is good to have a disposable plate.

Be careful not to rip your gaiters when walking.

Pants with a strong seat and easy opening are important.

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.

SOLOING

I didn't do so well

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

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 to a climb 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.

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. The climb was dripping because 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 to die. I decided to call for help and see if someone could rescue me, which was a little embarrassing.

The 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.

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.

LYME DISEASE

Presently Lyme disease is now at epidemic proportions. When I would go climbing here and there it was not uncommon for me to find ticks crawling around on my pants or on my body. You can check yourself for ticks regularly, but after you get in the house they may jump off your clothing and onto the floor. And now these bugs are as small as the head of a pin. If you become careless one time you could get infected.

After climbing in Ramapo one day, I got home and checked myself for ticks, twice and did not see any. But later that night I discover the Lone Star Tick on my side. I sent it to a lab, but they did not find anything.

Later on, I developed a giant bull's eye and thereafter developed meningitis. I had been reading Stephen Harrod Buhner concerning herbs as well as believing there was a cure in hypothermia microwave sauna. I bought a sauna dome for \$2,500.00 and tried it every week for a few months, but it never worked because I could not sustain the necessary 107 degrees without the pain killers.

The meningitis was not a problem, I got rid of that in the bathtub at 112 for 15 minutes, but I did it for about a month to be safe, this was before I bought the sauna.

After I spoke to Marcus Freudenmann Truly Heal he convinced me I was wasting my time using his sauna dome as my primary solution. He said rather I needed to concentrate on diet and my immune system.

Therefore, I threw out the Dr. Rawls supplements which were too costly and not working. I ordered the important ingredients noted by Buhner as well as Dan D. Lyon in large quantities in bagged powders, and additionally I added raw onions, peppers, ginger, garlic, and turmeric to my breakfast.

Thereafter I used mostly the North American Herb and Spice Dr. Cass Ingram recommended oregano capsules, tincture, and juice. That too is expensive, and that alone did not work in the dosages I was using, approximately 14 capsules a day.

The next step was that I used both the bagged powders and the NA Spice oregano, and that worked well enough that I did not get traveling joint pains. What works best over all but not alone is the tinctures of ginger and oregano. And I also added to this the Wim Hof breathing and Cold therapy.

I also use exercise to determine where I am. Doing no exercise for a few months to then go out to exercise will make for swollen joints and popeye elbow and knee if you are heavily infected. If the herbs are working then doing such will not develop the herxheimer reaction. Once you can establish that there is no effect then you know you have the right dosages.

It took almost a year and a half to figure all that out, but it worked. Today I am no more afraid of ticks. At some point I should be able to stop the herbs if I am doing enough herbs for a long enough of a period of time, but I will

probably keep going with smaller doses in the future for when may get bit again.
But I do not think I would bother with the antibiotics next time again either.