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THE DEFINITION OF MOUNTAINEERING

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**This work is intended to be used only by
experienced climbers.**

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CLIMBING ETHICS

What is the purist form of climbing style?

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 I think can also be applied to different types of mountaineering. I went through various climbing techniques to try to answer this question. And it took me a long time to find a good answer.

At the same time the climbing world was making the transition from aid to free, first in routes and then in style. All what the world looked at as only a crag full of nothing but aid climbs was now nothing but free climbs. Leading the way was Henry Barber followed by John Brag, 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.

It was in the time when climbing was all about new climbs and climbing ethics, I realized what was the best style of climbing. And what should be counted as the worthiest first ascent. And this was simply that you never fall. To ensure a true ascent on a climb I learned how to downclimb, how do downclimb well and how to do it a lot. So, I made it my aim to accomplish climbs with no falls, and to add to this I followed the example of Jim Erickson. The style has some very admirable and useful characteristics to it. Most climbers only care about how well they can climb up, but very few if any payed much attention on how to downclimb just as well. 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. But, 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. What would normally take a short time would take considerably longer. So, I eventually came to terms with it and realized that I had to abandon this for something more practical.

The history of ethics:

Back in the 60's, 70's and 80's the climbing scene was much different than it is today. Climbing was political. Everyone knew each other (or knew someone who knew who you were), and everyone was familiar with what everyone else was doing. The Gunks were an exciting place to be, a lot of people were trying to put up new routes. And the people that were making the most of this did not appreciate competition for fear that they would lose the better routes. Some people would even steal other people's projects, everything was in the news and everyone was listening.

Among the leading influential climbers of the era were John Brag, Mark Robinson, Rich Romano, Kevin Bein, and Russ Raffa. There were ethics, morals and approval for you to have legitimately freed a route. When your work did not meet their standards, it was done in vein and not recorded in the local guidebook.

For newcomers to the Gunks who climbed in sloppy style, they were mocked, and those people who continued to weight the rope on lead, who were unteachable, they were ostracized by the whole of the climbing community. For example, Bill Ravitch the Gunks climbing bum, 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 no business trying to lead a 5.8. Today there is no regard for the standard, and the opposite is the case, people who cannot climb 5.9 at the gym are at the Gunks trying to lead 5.10's. What was paramount then 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 on a rope. 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 had a lot to learn. But if you had the experience, falling was considered reasonable.

You learned to respect the standard, 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. 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 better style. This was demonstrated to me by Mark Robinson, John Brag and many others.

Through my own meditation in these things I came to the conclusion again and again that Barber and all were correct. Aid is unnecessary and only demonstrated a lack of patients, foresight and vision. In the end it only brings regret and loss. That is aid as what can be defined by upward aid but not catching falls, aid is defined here by re-starting in difficulties above the ground or above a ledge

The Shawangunk Standard defined.

The established Shawangunk standard was that when you are leading a hard climb you should first have a plan in mind as you pass your last good piece of protection. What this meant is that you first had to determine a mark where how far you were willing to go up the cliff until it started to become too dangerous to pass that point. After you found something good again between your last good piece and your high mark you could then continue to work through the climb. But, if you could not find anything good you would down climb, or intentionally fall. In this way you would finish the climb if a reasonable opportunity presented itself. If you could safely down climb you could go higher. Controlling risk determined the plan, not a no fall ascent. I remember one 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 should fall three feet. 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. How many times you lowered down off a climb was not important, rather it was having solid gear that did not pop or slide down the rope was what made for the perfect style. If your gear popped or fell out while you were leading people understood that you were not in control or experienced enough to lead yet. To flash through a climb on empty, on

questionable protection only demonstrated the height of foolishness, when good protection or more practice through the moves would have made it safe.

Ethics challenged by the clean ascent.

There were certain 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. Their goal was to quickly climb through without a fall and obtain what they called a clean ascent. But in doing so, this meant that they would sometimes need to sacrifice safety as well as climb things below the grade of what they would be doing if they had followed the standard. Typically, this kind of climbing never caught on among the elite and was only something that new climbers would practice.

Ethics challenged by pulling the rope through.

Other people would fall, but they believed that good style necessitated pulling the rope through. But, pulling the rope through before a second attempt does not prove anything, because real climbing has nothing to do with a rope. Pulling the rope through was something rarely practiced at the Gunks, but it was done in other areas like New River Gorge.

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 if you already fell once this style is unreasonable as feeling you should never fall to make a legitimate lead.

Ethics questioned by The Phoenix:

It was not until Max Jones and Mark Hudson came to the Gunk's around 1979 climbing Between The Lines with Mark Robinson and Kevin Bein that the Gunks ethics were truly challenged. They explained that their hangdogging was essential to do what should be the new standard, and the really hard climbing. That it was through this ethic they created the Phoenix, a 5.13a which was accomplished breaking through new free climbing barriers in Yosemite. No one from the Gunk's gave 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, the climb 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 those years.

Ethics questioned by the ego.

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 philosophy of being driven by having one's name and routes recorded in a guide book. They argued that it was better to leave no trace and climb for a greater purpose of 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 primitive, and to see climbing as a means to self-awareness between you and the mountain, and what it had to offer you rather than what you could take from it. But these conclusions became merely hypothetical assertions and hypocritical as the new climbs were recorded anyway, and inspections, handdogging, and aid was still 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" to these climbers.

Ethics challenged by solo.

Typically, there is plenty of gear around in much of what people solo. Climbing is actually physically harder and more demanding with a rope. To say that soling is the purist form of climbing only means you can get lucky sometimes. To not fall leading is a greater accomplishment, not because of what is at stake, but because the climbing is more demanding. People who solo really hard climbs usually don't start up from the ground anyway, they memorize the route on rope first. 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. If you did not use the rope in the first place, then you could not make the mistakes to climb anything so hard to begin with. For this reason, soloing is better understood as a circus act, not something that stands alone having to do with mountaineering or rock climbing when you are pushing the limits of what has been presented to you.. If someone wants to solo it can't be considered a more difficult kind of climbing. Whomever or whatever is not tied guarantees failure.

Soloing is one of the greatest expression of idolatry, and many people have given their lives to worship at this idol.

Ethics questioned on Everest:

Would this mean that when we are talking about mountaineering using supplemental oxygen, others fixed lines, and such things this would likewise mean one has no legitimate right to claim an ascent? Good style at the Gunks proved to be that to retreat and do easier routes is necessary if you need aid. Therefore, by these means Sir Edmund Hilary would not have made the first ascent of Mt Everest in 1953, nor would have James W. Whittaker made the first American ascent in 1963. Rather the first ascent of Mt. Everest would better be named for Reinhold Messner in 1978, who climbed Mt Everest without so much a need for supplemental oxygen because of his extensive training. A man has to climb what is the mountain to be a mountain climber. It is difficult to logically argue that one must know how to first bring a mountain down to your own standards to climb it, that this rightly has any part in mountaineering among true mountaineers.

Ethics challenged by bolts.

Dick Williams wrote in his guide Shwagunk 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 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.

Therefore, what can be said of leading on bolts to make for the better ascent? Bolts, especially in places like New River Gorge, do not make for a better style of climbing because they create a work of fiction, there is nothing natural about bolts. The need for bolts on short vertical cliffs is pure foolishness when you can top rope it. When you have spent enough time climbing, where the rope is, if it is above or a few feet below you, this is not what makes for the real difficulties in the ascent, especially on something rated G with bolts. Rather the problem is getting through the physical moves to make the climb. Leading vertical climbs on bolts can only prove something to newbies who are more afraid when they are leading on G rated climbs than top roping.

Exceptions to the Shawangunk Standard:

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 believed them.

The Dawn wall is just this kind of climb, a completely different kind of climbing. It is so big that the crux is all about just 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 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 go anywhere. No one has the eyes to do this kind of 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 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 party has to make this hecatomb 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 climbs completion it is combined again differently, only in regard to 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. 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 was to climb free.

No exception to the rule.

On most climbs hangdogging is not the correct solution for the following reasons:

You're weak, and you don't want to go to the climbing gym.

You're simply lacking the climbing skills that should have been developed on easier climbs.

You're too slow to the crux because you never got the climb wired from the beginning.

You're suffering from a defeatist (AKA hangdog) philosophy. Rather than be committed, on every try 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 the second could be doing more work than the leader.

There's not enough adrenaline. For some reason, and I do not know why this is exactly, when you start a route from the middle your not always as good as you would be if you just started from the beginning.

In the final free ascent of the Dawn Wall Kevin Jorgenson did

not consider hangdoging.

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 think your gonna have to try and front step more.]"

The best kind of climbing is when you have acquired the skill so your climbing flows smoothly and naturally, you should expect to make it every time, with the exception of gear placements.

How to define beta as bad style:

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 the quintessence of perfection. 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. 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.

SAFE CLIMBING PAPER

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 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 develop very slowly for most people. This is because most climbers are not out climbing 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. Most people do not like to consider their flaws. Ignorance is bliss until you realize safety is unavoidable. Accidents do not have to be a necessary part of the game when they can be avoided. The good news is climbing is a sport where more often than not, you are in control of your own safety. Below I have some safety ideas in the acronym "SAFE".

"Safety first" Safety first means putting safety first, it means 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. 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. 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 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 to learn how to climb safely.

Basic Principles

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 climbing. The use of pully-carabiners are helpful in these cases. But in the end, the golden rule is that you should not have any rope drag at the end.

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.

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.

A Dangerous State Of Mind

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 I assumed there was a bucket past the 1st bolt while climbing at my limit, but there is no place to rest there. For me this meant that the aid bolt designed only to hold body weight might now be used for leader falls.

Alkalization: Set aside times periodically before, after, and during operations for safety evaluations. Because this is inconvenient you will wish to forgo it, do not make that mistake. Safety first.

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. Or, when you are arguing with one of the people you are climbing with and are not communicating properly with them, or, when you are under emotional stress, especially if a member of you party has just gotten injured, you cannot safely climb until you can give all your concentration to what you are doing.

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 best 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 the hard way.

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 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. The human mind, especially for a new climber cannot be trusted. Don't let a new climber belay without a Gregree. 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. 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 when 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 make no difference how well you know them, they become a vegetable. Bringing along a radio might be helpful in breaking up their fixation on the end of the world.

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 the 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 and break people's bones, this has happened under Birdland in the Near Trapps. Children who second on the second pitch can unclip or half untie their harness knot when they break down the belay. . Children do amazing things. This is why drivers licenses are not issued to minors.

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

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.

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.

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.

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.

When greege? If you are going to be belaying for long periods of time, like on an aid climb, use a greege. But you cannot suck in rope quick with a greege.

Rope Handling: Do not let a rope hang below at the belay, you can get it 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 good 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.

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 that it not be disturbed due to where the belayer is standing.

Rappelling

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

Pack Rap: 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.

Twisting: 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.

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 insure 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.

Helmet: If lead over a rope that crosses under you it will flip you on your head. In this case you will need a helmet more so than in others.

Crack Handlining: 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 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. Loose

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 the device by throwing a small locking carabiner on the rope attached to your harness with a short sling. As you climb you can put knots in the rope to catch you if the equipment fails.

HANDLING THE HAUL BAG

How Much Water To Pack In The Haul Bag.

How much water and food will depend on a number of 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, 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 you have practiced retreats on it already, you can take less supplies

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.

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 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 gear and losing things.

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 foam pad for the outsides of the bag, the bag must be packed so that it is smooth 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.

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

Way To Haul.

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

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 a you on one side and a jummar on the other. When you go down this jummar on the other side goes up. Think of it like a seesaw with the pullies and anchor in the middle .

Over this aforementioned system there is the pully.

And finally there needs to be another stationary jummar on the bag side and bag pully rope to lock it for only a one way direction. Otherwise the bag and you would just go up and down without being able to make progress.

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 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 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 some anchors should be incorporated into the system from above.

With a static line be careful not to do anything that might 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.

However, hauling the extra food 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 BAG

Day Climbing list:

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

1. Equipment you will need for the wall:

1st Haul Bag

Sleeping equipment:

Bivouac sack	Fly for mosquitoes	Tent fly.
Gortex & tied in.	Sponge if it rains	Handy phone
Light raincoat	Pad & tie in	Handy radio
2 fleece sweaters.	Handy flashlight	Handy water.
Sleeping bag & ti-in	Rain gear	

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	Climbing shoes	Rain gear
1 painter pants	Knee pads	Tape
3 shirts	Gloves	Helmet
5 socks.	Reading glasses	
Climbing boots	Plastic case	

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		

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

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

Supplements	Avocados	Spinach
Perishables	Oranges	
Fruit	Bananas	

4. Equipment you will need for the wall:

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

Camera on sling	Head Lamps	Can Opener
Charged batteries	Extra batteries	String
Small Bible	Cap visor	Willkie Talkie
Paper & Pen	Neck cover.	File
Ear Plugs	Sunglasses	Magnifying glass
Cell Phones	Spoon, Fork	Duct tape.
Solar Panels	Thin knife	Needle and thread

5. Equipment you will need for the wall:

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.

6. Equipment you will need for the wall:

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

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

Aid equipment:

2 hooks	String	Cheater stick
2 atreeaides and daisies	Bashies	Wood Belay Seat
Jummars	Wire bolt circles	
	Crackinups	

Other climbing equipment:

Weather Reports	Tent Pole to reach	Other Petons:
Radio	Chalk Bags	2 Rurps
Fish hook	Wire for fi fi repair	3 Knife blades
Nut tools	Gri-gris	One LA
7 Slings	Two gear rack	Two-1/2"
Repel plates	slings	Two-1 1/4"
165 mm Rope	Toy biner and cable	One-2 1/2"
Mollnir ax	Rack	Peton rack loop.
Few pins, 6 pins.	Harness	Padded waist loop

Nuts to 3 ½

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

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

Three ice tools.	No fog Glasses	Thin gloves.
Body catching leashes	Boots & Gaiters	Harness
Fi-Fi hook to hook	Coat	Handy water bottle
Crampons.	Two pint pockets	Power bar.
Goggles or	Extra glove	Small backpack
	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	Cream cheese	Hard boiled eggs
Knife	Yellow cheese	Mayonnaise,
Figs	Cold cuts	Mustard,
Soup	Fruit, bread	Cereal
Salt	Oranges	Oranges

Ice Clothing:

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

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	
Rope for pins		

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.

SOLOING GONE WRONG

Back when I first started climbing, I remember that that was the only thing I was really interested in. Finding a carrier or making a family are typically not a reasonable part this equation. You have to pick one or the other, especially if you wish to do a lot of it. So, I would work a few months and then I used to camp out for a few months at a time 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.

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.

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.

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.

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.

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.

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 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.

However, as it turned out having conclusions and following them can be a battle.

These are realizations God gave to me on February 18th 1996 that helped reverse a course in my life to turn toward God from an increasingly disorderly lukewarm life starting 17 years before.

TEMPORARY LIFE. While salvaging the sunken boat (Turmoil) in Port Newark, NJ a fellow I was working with died when the boat fell back into the water. This helped me to realize that this life is very short and temporary and there is nothing anyone can do once it's your time to go. My life has always seemed especially temporary. God has had to save me more than a few times. I know God has intervened to keep me here. I believe I would not be here if God had not intervened to insure I stay here by protecting me with angels. The earth is just a temporary stop like a dream before the dawn and it is a place where God is trying to reveal His glory to men but men refuse to acknowledge and serve Him. It is the "gate to the hereafter" not "the life" as the world wrongly believes and lives it. This is a great mistake to make. This life is not a place to become comfortable and it is not a place where we can get comfortable or spend our lives fulfilling our own pleasures ultimately, because we are on our way out. My neck started to hurt quite a bit over a few months and I could

hardly drive. This made me realize that I could not fulfil any plans without God's intervention for He was giving me life. How can I do anything apart from His will because He is going to stop me eventually either by ending my plans at my death or before.

CONFUSION. Without a committed life to God I found I was traveling about in circles like those in the wilderness with Moses. One minute I miss God's smile, and the next minute I want to do my own thing. Too much confusion. It is much simpler to be hot or cold than lukewarm. The lukewarm life is a road of continuous searching for something new but never finding anything. In truth a bad situation is the same as a good one because a good situation out of "Gods will" makes one uncomfortable because it is stolen not given.

DISAPPOINTMENT. Anything you get in this life rusts, rots, or wrinkles and if what you like here on earth is not something passing away remember that you are passing away. It says in the book of James that rust is a witness against us. To look for something here in this life to rest in for pleasures sake will only result in disappointment.

REAL LIFE. Heaven is where the correctly lived life is, and when we get there we will be serving God every day from then on. So I realized that I needed to get into the habit of serving God since that's what I am going to be doing for the rest of eternity anyway. Real life is lived by those in heaven serving God. They are not finding and always looking for ways out or ways to please themselves. This life is so short, why do anything, but what pleases God. Real life in heaven is serving and worshipping God. This real life can start now not after death. We are created by God to worship and serve His Holy laws which God exalts above Himself. God did not create us to serve our own lusts & pleasures but to enjoy our life given from Him in light of His presence. Since this world belongs to God we need to serve Him. Those who do not want to serve Jesus, God will put in prison because God's plan is to make a perfect world. There is a big deference between the people of heaven and us. The people of this world serve themselves for the most part, so it seems kind of unusual for us to serve him especially if we have the TV as our friend. However, think how many in heaven wish they had a second chance to live this life differently! God hides himself from the proud, but don't be fooled he is not too far from each of us! Remember Enoch walked with God. God is here too.

THANKFULNESS. Heaven is not a boring place and we need to get excited about going there because that is our real home, up there with God. There are angels in heaven that only live with God to worship him. Everything we could or would desire is there which means to search out extra things here on earth is a result of unthankfulness and great selfishness not to mention the fact that God has given us so much already!! Look around!! Why try to find something good in this world anyway, we already have so much. So will we be unthankful and greedy? The ungodly life is just full of lust, not thankfulness. Big difference. One must also be careful not to think one is better than others. God's grace, not our works, make us different. There is nothing special about us apart from God.

BLINDNESS. The Devil blinds men to these truths. God has intervened in my life because He is presently giving me life. The lukewarm life is a road of continuous searching for something new but never finding anything that leads to satisfaction where one could say "look I have found something new worth serving other than God".

These are conclusions that I determined again later: They are conclusions to battle the compromise in my life at the end of September 2007.

I will give all to Jesus, He will rather be my closest friend.

Jesus has been in actually only an appendage to MY life, I have not put Him first but rather looked for excuses. (Ps 4:2 O ye sons of men, how long will ye turn my glory into shame? How long will ye love vanity, and seek after leasing? Selah.) and ways to compromise Christianity.

I will make Jesus my first love, thereafter I have felt the Holy Spirit anoint my life and receive me again. His ways are so much wiser and greater, I have been belligerent, unfeeling, and unthankful. I have found I have a better outlook on life and on my renewed relationship with my Saviour.

The devil, his people, and his ways are gods that are fading away forever, and rightly so.

Nothing stays the same unless you keep working at it. For this reason I determined that Psalm 119 to be perhaps the most important Chapter in the Bible.

These are conclusions I came to in 2018:

Unless Jesus is Lord of your life your life can be controlled by

outside forces. I realized that making Jesus Lord of my life was a necessity, and thereafter that this was a prerequisite to salvation. That man is indeed saved by works, but those works are only attributable to God. No man is saved without the indwelling work of the Holy Spirit, and the Holy Spirit brings works. Therefore, this means that the theory that the Gospel is separate from repentance and works is clearly a false Gospel.

DIET GONE WRONG
JOINT FAILURE
2010

Back in 2010 I lost the use of my hip joint, and this was a gradual thing that happened over the years doing heavy labor, until one day I moved something very heavy where after I became confined to a sickbed. If I made any attempt to move, I would be in excruciating pain. So, what I did was I started studying the history and different kinds of hip joint replacements that were offered by modern doctors. However, with that at the same time I began to learn what had happened to my cartilage and why running to the hospital was something that could only be considered as a very last resort for a long list of reasons. Today I am nearing 90% and still learning how to get up to 100% recovery. In 2011 a year later after I was confined to a bed, I was able to get up on crutches and walk. In the following months my son and I climbed El Captain in Yosemite Valley. BTW, This joint problem happened again while I was doing some intermittent fasting in 2020, but I am doing better than ever now.

The way I recovered was by eating a lot of organic vegetables, spinach, and lamb chops. I also took some mineral supplements, what took a long time before now took a short time. The way I got this way was from eating a lot of Special K cereal and milk for breakfast, and not eating again till supper. The bread has roundup in it and it's dead, and milk sucks the calcium out of your bones.

TICK PREVENTION GONE WRONG
MY LYME DISEASE
August 2017

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 in August 2017, 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 not 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.

2/2020: Today I take a total of 4 Table Spoons of Knotweed and Oregano two times a day.

BIG WALLS

Most Notable: One of the most glaring and obvious things in my writings was the continuous rockfall and gearfall coming off the cliff and landing next to me time and again. Rocks from El Capitan, rocks from Half Dome, ledges that gave way under me on the direct ascent to the base of Half Dome because of rock impact, near miss brick size rocks on Washington Column which chased me off the route (I was told the top pitch has a lot of loose rocks). Gear constantly raining down. And the fears of tourist children throwing bottles and rocks intentionally, as I was told. Last time I was on El Cap a rock smaller than a football fell and landed 50 feet away coming from no visible source. If anyone climbs in Yosemite long enough, they will certainly be hit in the head with a rock, only because it happens so too often that rocks fall while you are climbing. Rockclimbing big walls is a sport where one must commit their life to the cause.

A Better Idea: What is most important is what stories are concerned with Christ and His likeness (PS 17:15) which leaves no time on the Sabbath for my stories. The potential for following stories of my experiences have therefore been further argued as irrelevant. Deleting these works says volumes more than including them. Including all my climbing stories makes little sense. However, I have recalled one instance above.

Nevertheless: On the other hand, climbing does have a great value in realization. It is a wonderful platform for understanding one's friends and family, as well as acquaintances and strangers. As well as one can understand God through His creation. Additionally, it is healthy to get outside a few times a week. But pursuing the sport excessively to the point where it becomes a job is pointless. Climbing is a sport for the rich, to climb well takes a lot of time.

Idolatry: Scripturally speaking, climbing can be a form of idolatry, one cannot serve both God and Pleasure, to be a lover of pleasure rather than a lover of God:

2 Timothy 3:4. *“besotted with pride, fond of pleasure rather than having an affection for God, having a mere outward semblance of piety toward God, but denying the power of the same ...”* Psalm 119 come to mind, blessed rather

is the man who rather meditates on the word of God, the wicked march to the rhythm of a different drummer. Psalm 36:4 says that the wicked *"He deviseth mischief upon his bed; he setteth himself in a way that is not good; he abhorreth not evil."* The wicked involve themselves with the matters of this world which have to do with "mischief", that being such things as climbing, and especially climbing dangerously!

Perhaps Phillipians 3:9 speaks to this *"And be found in him, not having mine own righteousness, which is of the law, but that which is through the faith of Christ, the righteousness which is of God by faith:"* Our good comes not from our works but from our unity with Christ. The following verses have to do with that:

Psalms 24:1ff. *"The earth is the LORD's, and the fulness thereof; the world, and they that dwell therein. [2] For he hath founded it upon the seas, and established it upon the floods. [3] Who shall ascend into the hill of the LORD? or who shall stand in his holy place?*

[4] He that hath clean hands, and a pure heart; who hath not lifted up his soul unto vanity, nor sworn deceitfully."

Psalm 119: *Incline my heart unto thy testimonies, and not to covetousness. [37] Turn away mine eyes from beholding vanity; and quicken thou me in thy way. [38] Stablish thy word unto thy servant, who is devoted to thy fear. [39] Turn away my reproach which I fear: for thy judgments are good.*

Psalm 119:113: *"I hate vain thoughts: but thy law do I love."*

Psalm 16:4 *"The sorrows shall be multiplied that hasten after another god: their drink offerings of blood will I not offer, nor take up their names into my lips. The Lord is the portion of mine inheritance and of my cup: thou maintainest my lot. The lines are fallen unto me in pleasant places ; yea, I have a goodly heritage. ... I have set the Lord always before me."*

Psalms 37:5 *"Commit thy way unto the LORD and He shall do it."*

1 Corinthians 3:10ff *"According to the grace of God which is given unto me, as a wise masterbuilder, I have laid the foundation, and another buildeth thereon. But let every man take heed how he buildeth thereupon.[11] For other foundation can no man lay than that is laid, which is Jesus Christ.[12] Now if any man build upon this foundation gold, silver, precious stones, wood, hay, stubble;[13] Every man's work shall be made manifest: for the day shall declare it, because it shall be revealed by fire; and the fire shall try every man's work of what sort it is.[14] If any man's work abide which he hath built thereupon, he shall receive a reward.[15] If any man's work shall be burned, he shall suffer loss: but he himself shall be saved; yet so as by fire.[16] Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?[17] If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are.[18] Let no man deceive himself. If any man among you seemeth to be wise in this world, let him become a fool, that he may be wise.[19] For the wisdom of this*

world is foolishness with God. For it is written, He taketh the wise in their own craftiness.[20] And again, The Lord knoweth the thoughts of the wise, that they are vain.[21] Therefore let no man glory in men. For all things are yours;[22] Whether Paul, or Apollos, or Cephas, or the world, or life, or death, or things present, or things to come; all are yours;[23] And ye are Christ's; and Christ is God's."

