

Big Wall Info Sheet And Equipment Check List



Thank you for your interest in climbing with AMI. To maximize the quality of your experience please read through the following information regarding your trip. If you have any questions please contact the office and let us know.



BIG WALL CLIMBING: WHAT TO EXPECT.

Big wall climbing is first and foremost fun, but at a price. You can expect to work hard as the process of climbing a big wall is strenuous. Big wall climbing is like backpacking, but vertically. This means that all of the equipment must be hauled up the rock, including water. You must be reasonably fit for the experience to be enjoyable. Running, biking and weight lifting are good exercises to get in shape for the experience.

Big wall climbing emphasizes technical skills rather than climbing movement. You will be challenged more with the knots and rigging than your climbing movement. If you have access to a gym or tree, hang a fixed line and practice ascending with jumars or ascenders. The more efficient you are the less work you will do on the climb. Not all pitches are vertical and you will need to be able to lower yourself out as you clean. Practice makes this more efficient.

Safety Requirements

It is impossible to eliminate all risks associated with rock climbing, particularly big wall climbing. However, to reduce the risks you will need to understand and follow these guidelines.

1. Participants will be required to wear a helmet while climbing.
2. While on the wall participants will be required to be belayed while ascending fixed ropes.
3. Participants will be required to follow the direction of the guide at all times.

Leave No Trace

LNT practices will be observed during the ascent. We will be using WAG and pee bottles to control any waste during the climbing. Used WAGS bags will be carried out and not left behind.

Food

Participants will dine on the finest gourmet wall meals available. This usually means not that great. The menu will include sandwich wraps for lunch on day one with candies, granola bars, and dried fruit. Dinner will consist of chicken burritos, soup if the temperature is chilly, and snacks. Breakfast the next day will be oatmeal or granola with fruit. If the temperatures are cool, hot meals will be prepared and hot beverages will be available.

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Timeline:

1. It will be best if participants are able to meet with the guide the night before the climb to review and inspect the gear. This will allow time for making adjustments if needed and complete any paperwork etc...
2. Meet at 8 am the following morning and depart.
3. Hike in and review procedures.
4. Climb until late afternoon and set up portaledge
5. In the morning, complete the climb and return to Brevard in the afternoon or evening.

Please allow ample time to make the ascent. The exact time that the climb is completed has many variables that are impossible to predict. Also, be aware that completion of the route may not happen if conditions do not allow. Wet rock, storms, and fatigue all play factors in the success of a climb and even the best plans fall victim to unforeseen circumstances. The goal is to celebrate a successful adventure back safely on the ground. Your preparation and the condition of the climb will greatly influence this.



Portaledge

EQUIPMENT LIST

Clothing

- € Synthetic T-shirt
- € Light synthetic pants
- € Light fleece jacket
- € Rain jacket
- € Rain pants
- € Long underwear (cold weather: fall or spring)
- € Warm gloves (cold weather: fall or spring)
- € Hat (cold weather: fall or spring)

Extra articles

- € Fingerless leather gloves
- € Knee pads

Other equipment

- € Mug
- € Spoon
- € Bowl
- € Water bottle
- € Sleeping bag (40 ° synthetic is fine for warm weather conditions)
- € Sleeping pad

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Personal gear

- € Tooth brush and paste
- € Lip balm
- € Sun screen

If you do not have any of this gear or have questions please let us know. AMI can arrange for most of this equipment if you do not have it. This gear can also be purchased at Black Dome Mountain Sport 828-251-2001 or Looking Glass Outfitters 828-884-5854.

You may also want a well padded harness such as the Big Wall Cadillac from Misty Mountain, chest harness, belay device, grigri and a small pack for carrying your water and food for the day.

Thanks for reading this and I am looking forward to the trip.