## ellisbrigham MOUNTAIN SPORTS

## **SPORTS CLIMBING**

Sport routes can give some of the most physically challenging and exciting experiences on rock. Bolt hangers are evenly spaced up the route, making it simple to clip your rope to fixed protection and therefore reducing some of the risk associated with traditional climbing. This means you can concentrate on the climb rather than the potential fall! Many climbers find they can push themselves to climb harder on sport routes, where physical effort can be used to make crucial moves rather than placing protection. If you're venturing into sport climbing from an indoor climbing background the main extra investment will be in a set of quickdraws, but don't forget a few slings and krabs for attaching to lower offs.

## Lists

ITEMS	QNTY	$\checkmark$
Rock Shoes (Men's)	1	
Harness	1	
Rope	1	
Quickdraws - Short	10	
Quickdraws - Long	5	
Helmet	1	
Belay Karabiner	1	
Chalk bag	1	
Chalk	1	
Sling (60cm)	1	
Sling (120cm)	1	
Karabiner	2	