

CLMRG BASIC MOUNTAINEERING CLASS SKILLS CHECK LIST

Student Name: _____

Rope Handling:	Date	Instructor's initial
*Characteristics of a climbing rope (discuss)	_____	_____
*Care & inspection of rope (discuss)	_____	_____
Demonstrate coiling of a rope:		
Butterfly	_____	_____
Mountaineer	_____	_____
Knots (demonstrate):		
Double Fisherman (Grapevine)	_____	_____
Single Bowline	_____	_____
Bowline on a coil	_____	_____
Figure-8 on a Bight	_____	_____
Rewoven Figure-8	_____	_____
Safety tie-off for Bowline & Figure-8	_____	_____
Clove hitch (belayers knot)	_____	_____
Prusik	_____	_____
Münter	_____	_____
 Climbing:		
*Belay anchor & tie-in (discuss)	_____	_____
Demonstrate Oral Signals	_____	_____
Demonstrate Belay technique		
Hip Belay	_____	_____
Mechanical Belay	_____	_____
Complete 3 top rope climbs (list name of climb and approximate rating)		
_____	_____	_____
_____	_____	_____
_____	_____	_____
 Descending:		
*Down climbing (discuss)	_____	_____
Demonstrate Oral signals	_____	_____
Demonstrate Rappel techniques	_____	_____
Perform the following 3 rappels		
Dulfersitz (body)	_____	_____
mechanical (using rappel device)	_____	_____
free (past an overhang)	_____	_____
 Class Trips:		
Day trip mountain _____	_____	_____
Overnight trip mountain _____	_____	_____

* The discussion items are your (the student's) responsibility, and you can sign off on these yourself, but as they will probably appear on your exam be sure you understand all of them. If you have any questions - ask your instructor.