

# CLMRG Summer Class – Bouldering



The objective of this week is to learn safety and some skill while bouldering

Get with a group and an instructor. This will be your climbing group. Make sure you have a crash pad.

Visit at least three areas and discuss safety. Talk about crash pads and spotters.

## **Accomplish at least three of the skills listed below**

- Smearing
- Hand/foot jam
- Chimney
- Mantle
- Heel Hook
- Lie-back (Counter force)
- Stemming
- Under-cling
- Edging

## **Student Equipment List:**

- Water
- Hat, Sun-glasses, and Sunblock
- Comfortable climbing cloths (not cotton; loose fitting)
- Light Shoes or Sandals

## **Optional:**

- Camera/phone (weak cell reception)
- Climbing shoes, gym chalk, athletic tape
- Crash Pad