

**A Quick and Easy Resource Guide to
Help You See the World from New Heights**



10 STEPS TO EPIC CLIMBING



By
Pieter Neethling

smartrockclimbing.com



10 Steps To Epic Climbing – Pieter Neethling

You are about to begin one of the greatest journeys of a lifetime!

You have probably stumbled upon this book by becoming part of the Smart Rock Climbing community. Thanks so much for taking time to sign up.

When I first started rock climbing, I had a passion to give it a try but didn't know where to begin. This simple guide and Smart Rock Climbing are the resources that I wish I had when I started climbing.

This book will give you a quick look at the topics that will help transform you from a newbie to a solid rock climber. This book is meant to be a general overview and show you resources that you can use to get started in your climbing experience, whether you want to climb El Capitan or the 5.7 next door (I'll explain what this means later).

While this gives you a brief overview, the in-depth details will be in my videos and articles at SmartRockClimbing.com and at the resources that I share about in this guide.

To be helpful, the information in this book is put into chapters. Though I tried to order them in a way that makes sense, they are not meant to be a checklist of items to tick off as you learn to climb. Instead of steps, they are more like **ten distinct areas that you will develop throughout your climbing experience.**

People have asked me for advice about their climbing careers, my usual response to them is to be well-rounded in the discipline they choose whether it is from bouldering to big mountain expeditions.

- Andres Marin, Rock Guide

As you interact with other climbers and gain more experience, you will learn new strategies and techniques for these steps. And that's part of the fun: facing problems and coming up with new ways to tackle them.

So to help you with this life-long journey, I'll be here to train you from the ground up.

Pieter Neethling, Smart Rock Climbing

PS. If you have any questions about any of the topics in this resource, **please don't hesitate to contact me** on Twitter @SmartRockClimb or by email at Pieter@SmartRockClimbing.com. I would love to hear from you.



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Step 1: Find a Friend

I believe that rock climbing is much more fun as a team sport. Climbing is a unique way to build a solid friendship. I love being able to point out a long list of friends and say “I would trust them with my life,” because that is something that I have done with them.

An early step in your climbing experience should be to find someone that you can climb regularly with. To be honest, it’s nice to have a handful of people to regularly go out with (since sometimes your regular partner isn’t available).

Characteristics of a Good Partner

Since you are doing a dangerous activity with a partner, you don’t want to go with just anyone. When looking for a partner, here are some things to consider:

- **Reliability:** Above all, you want someone you can trust. You are literally trusting this person with your life, so they must be reliable. If you wouldn’t trust them with your phone, car or wallet, do you want to trust them with your well-being?
- **Listening:** Much of the climbing/belaying process is about communication, whether verbally or through the tension in a rope. It’s helpful to have a partner that listens to you and responds to what you ask of them.
- **Ability:** This isn’t an absolute, but it’s nice to go out with someone who has about the same climbing ability as you. The two of you will find climbs that work well for both of you, instead of climbs that one person will be bored with or struggle with. It’s nice to climb with some more experienced climbers when you’re getting started out, but it’s usually good to climb with people at your skill level so you can develop your climbing technique together.
- **Friendliness:** You want to take someone that you enjoy spending time with. If you start doing longer climbs, you will be spending long days together. Having a friendly partner keeps things pleasant and encouraging on those trips.



You don't have to know everything about rock climbing to start. You just need to go with knowledgeable, safe climbers who can teach you correct techniques and who are willing to help you learn the correct way to do things from the beginning so you don't have to correct bad habits later.

- Jared Robinson, Single Pitch Instructor

Where to Find a Climbing Partner?

There are a variety of ways to find a partner. Here's some simple ones to get you started:

- **Circle of friends:** Begin with the people you know. Since you already spend time with your friends, they should (hopefully) have the above characteristics. Simply asking a friend if they want to climb usually gets a positive response. I can't tell you how many times people have enthusiastically accepted my invitations to risk life and limb to go up a rock.
- **Meet Ups:** If you go to [MeetUp.com](https://www.meetup.com), you can sometimes find climbing groups that meet regularly.
- **Other Websites:** There are a number of websites where you can connect with climbers. On [RockClimbing.com](https://www.rockclimbing.com) and [Mountain Project](https://www.mountainproject.com) you can use a search tool to locate locale climbers in your area and see what types of climbs they are comfortable with.
- **At the rock:** I have connected with other climbers at climbing spots. As we strike up a conversation, I've joined them on climbs and even partnered for additional climbing trips. Being nice can go a long way.
- **At a climbing gym:** At bouldering and indoor climbing gyms, you can find people who are really skilled in their climbing techniques, though some might not have any major outdoor experience. If you connect with them and share about your passion to try outdoor climbing, you may find a new climbing partner.



Step 2: Get Some Gear

Once you have a friend join you, you can buy the gear that you will need to climb. One reason to have a regular climbing partner is to split the cost of gear to make climbing a much more affordable sport.

What to Get

When I got started, I was overwhelmed when it came to climbing gear. My frustrations came from my lack of knowledge and support for buying gear.

So that you can avoid the confusion that I encountered, I have developed simple gear guides that will help you get started. Visit the [Smart Rock Climbing](#) website for a simple checklist that will help you get started in a quick and cost-effective manner.

I have done my best to give you clear and simple steps to help eliminate the fog of gear shopping. After a few minutes, you'll have a good grasp on where to begin.

Get a real list of what you really need and don't need for climbing... I should have climbed with more people and gotten a better feel of gear. This would have really saved me a lot of money in the long run. It was very costly, especially when I started piecing together a trad rack.

- John Farrell, Single Pitch Instructor



Where to Get Gear

There are plenty of places to buy climbing gear. Though I'm a fan of used books and cars, I prefer new climbing gear. Climbing technology continues to improve year after year, and having access to the most developed gear is helpful.

Now if you choose to investigate the used gear route, I strongly encourage you to inspect the gear closely and have an experienced climber look over it. The last thing that you want is a major injury due to unreliable gear. In particular, I strongly encourage you to always buy a new rope.

If you're looking for some new gear, there are a couple retailers that I suggest you use. One thing I like about these retailers is that they tend to have pretty awesome return policies. So if those climbing shoes don't seem to be the right fit, you can usually send them right back without a problem.

- [Eastern Mountain Sports](#)
- [REI](#)

As a disclaimer, I believe so strongly in these retailers that I have become an affiliate marketer for them. This means that if you would like to support Smart Rock Climbing with no additional cost, simply click the links above before you go shopping. A portion of what you pay will go to Smart Rock Climbing for directing you to their site.

If you choose to get any gear through my affiliate links, please email me at Pieter@SmartRockClimbing.com so that I can thank you personally for your support.



Step 3: Learn the Basics (and Practice Them)

Now that you've got some gear, it's time to learn how to use it. For those of you without gear, though it's helpful to have gear while learning the basics, watching the videos will help you get familiar before you spend a bunch of money on gear. Smart Rock Climbing exists to give you solid training to begin your rock climbing adventure. If you're brand spanking new to climbing, we've got just the videos for you.



When you go to the [Smart Rock Climbing Intro Page](#) you will be able to watch our **45 minute video series** to prepare you and get you on the rock as soon as possible.

As you watch the videos, I suggest that you pull out your gear from the packaging to familiarize yourself with it. Watch the videos, pause them, **practice what you learn**, then rewind to make sure you did it right. Become as familiar as you can with these concepts before you head to the rock for a climb.

The time you invest into the fundamentals, making them second nature to you, will help you feel comfortable and confident as you approach the true challenges in climbing.



Step 4: Go with a Guide

Guides are the superheroes of rock climbing: They help you to tackle challenges that you didn't think you could conquer. A good guide can be helpful for a variety of reasons:

- **Guides know where the best climbs are:** A guide can help you learn the lay of the land, the names of the climbing areas, and the best routes to go on for your skill level.
- **They do the hard work:** You might want to do climbs that are more challenging to lead (check out chapter 8 for more on leading). A guide can be your crash test dummy and lead the climb for you so you can focus on the climbing.
- **They'll help you become a better climber:** Part of the role of a guide is to help you overcome challenges. They can coach you on your technique and give you strategies to build your skills so that you can conquer more challenging climbs.
- **A guide will evaluate your skill:** An important stage in the learning cycle is "evaluation." Though tests might not be fun in school, having your safety skills reviewed by a professional can be extremely helpful. I was so grateful to go climbing with a guide specifically to make sure that what I was doing was safe and smart. Though my videos are helpful for learning how to climb, I am not able to evaluate every viewer's ability to do what I'm showing you. Get a guide for this.

Guides are extremely useful ways to learn lots of things really quick. Most climbers don't need a guide to take them climbing, but everybody, including myself, always has more to learn!



- Richard Wagner, Single Pitch Instructor

Finding a Guide:

There are a number of ways to find a guide to take you out. Depending on the area you would like to climb, it can sometimes take a bit of searching to find the right guide.

Here's a couple resources:

- **The American Mountain Guide Association (AMGA):** The AMGA is an organization for rock climbing and other mountain-oriented sports. They have a program to certify rock climbing guides for a number of services. If you go to their [“Hire a Guide”](#) section, you can look for climbing guides. If you want to do outdoor climbing, click on the single pitch instructors, rock instructors, rock guides or IFMGA.
- **Google it:** (If you don't know the site address, just Google it) This might not be the most unique advice, but it can be helpful. Begin by searching the name of the area that you would like to climb then add the term “climbing guide” (e.g. “Joshua Tree Climbing guide”). Check out their training and certification before choosing a guide you find through Google.



Step 5: Find More Climbs

After you've gotten your taste for climbing, it's time to find more climbs. On the road, it can be fun to do a quick search to see if there is any climbing where you are going or on the way to your final destination. To help you find more climbs, here's a couple resources:

- **Mountain Project:** Mountain Project has a map that you can zoom in on to find different routes.
- **RockClimbing.com:** The community of RockClimbing.com is helpful for providing a wide variety of climbing information about routes.
- **Summit Post:** This site features hikes, climbs and more. This link will forward you to their interactive map (strangely hard to find on their site) where you can search for climbs.
- **Super Topo:** These guys publish some well-done guidebooks for bigger climbs. You can visit this link to check out their free guides.
- **Amazon (Guidebooks):** Good old Amazon. Going to Amazon, you can search for the area that you would like to go. If it is a popular area (e.g. Yosemite), you will most likely find a guidebook or two.
- **Google:** When all else fails, Google. I have been lucky to stumble upon some climbs by simply typing in the name of the city I will be at, followed by the words "rock climbing."
- **Smart Rock Climbing:** To make things easy for you, I have a simple post on the Smart Rock Climbing website where you can search on all the sites above at once. It's pretty sweet so check it out.



Area or Route Name:



There are a lot of areas that have tons of really great routes of varying difficulty, that are fairly easy to get to. Many places also offer good walk-arounds that make setting up a top-rope super easy so you don't have to worry about leading a route if you are new to the game.

- Ian Hanson, Single Pitch Instructor

There's a lot to be said about understanding the guides and ratings that you find on these sites or guidebooks. After finishing the introduction series to climbing, I plan on doing a 4+ part series on finding climbs and understanding what these guides mean. Until this is created, [here's](#) a nice explanation on the different ratings used in climbing.



Step 6: Train

You've gotten a taste of some climbing and are ready to tackle some harder problems. The good news is that the world of climbing has plenty of challenges to offer you. There are a variety of ways to train for climbing. Here are some of the main training techniques that you can use to conquer harder climbs.

So I went about the first decade of my climbing life thinking that unless I looked like a muscle hamster I wouldn't be able to climb hard. Turns out that wasn't at all true. It was really enlightening and relieving for me to realize that in actuality anyone can climb and anyone has the potential to be good at it.

- Jess Lewis, Single Pitch Instructor

Climb More

It goes without saying that climbing more will improve your climbing. When I began climbing regularly, I was able to find that not only my technique improved, but my body became used to the movements used in climbing.

Another benefit to climbing often is that you are able to identify weaknesses. As I climbed with friends, found that my weight was making things more difficult for me. So I took some time to lose weight and improve my ability to climb (check out the next chapter for more on eating).



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Hit the Gym

As you climb more, you will probably find some areas of your body that you can strengthen. For some people, it might be their hands or forearms. For others, it might be their legs, balance or endurance.

A traditional gym can help you to take time to focus on a specific area of improvement. Though a full body workout is important, it's helpful to acknowledge a weakness, work on it, and see it become a strength.

If you find it difficult to stay energized while climbing, getting some cardio exercise might be helpful. Jumping in a pool, hitting the treadmill, or riding a bicycle can help you increase your stamina, energy, and endurance.

Training at Home

If you're like me, the gym might not be the ideal atmosphere for you. No problem! You can do some exercises at home. You can use one of the thousand video training programs or create your own workout routine with the simple exercises that you learned in school:

- Jumping Jacks
- Running
- Sit Ups
- Stretches (yoga)
- Push Ups
- Pull Ups (super helpful, I got a **\$30 pull up bar** that I can put on my bedroom doorframe)
- Jump rope
- Etc.

Focus on Technique

I wish someone would have spent time to teach me the importance of technique with body position & movement, balance and momentum. I think just having some solid coaching or teaching tips on that would have helped me climb at a higher level sooner.



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- Tim Trezise, Single Pitch Instructor

One important aspect of training (besides lifting heavy objects) is working on the technique that you will use on the rock. I definitely don't have the body of a Greek god, but I am able to finish climbs that my more fit companions struggle on because of the techniques that I know.

Focusing on your footwork, how you move your hands, and how you shift your weight will be extremely helpful.



To help you with techniques, you can check out my video [Tips, Tricks and Mind Hacks for Rock Climbing](#). This video will give you the foundational concepts you will need to conquer climbs, and it will also give you several mental hacks that will help you find resources on a wall that you didn't know were there. Many more videos on techniques will be coming out in the future.



Step 7: Eat

I can't really say that I am the best person when it comes to eating; I like my brownies, my lemonade, and my In-n-Out Burger. For much of my life, eating had not really been a topic that I paid much attention to. I liked food and that settled it.

A while ago, I was chatting with a friend about life, the universe, and everything. While we chatted, he shared a bit about how he was selling a protein drink on the side. Like many of you, I typically shut my ears when I hear about these types of fitness programs, but I actually listened to him.

As he spoke, I came to the realization that losing weight could really help me in climbing. So I thought I would give it a go, try it for a couple of months, and quit if I didn't like it. Six months later and 30 pounds lighter, I was pleased to be tackling tougher climbs. Though many weight loss program would work, you can check out the weight loss program I used [here](#).

Eating on a Climb

Whether you are doing several short climbs or a longer climb, you might get hungry out on the rock.

One thing to consider is what you eat at the meals before the climb. You want to eat foods that will give you protein and the energy that you will need to get up the rock.

When it comes to food for a climb, consider these things:

- **Transportability:** Remember that you are going to be transporting the food. When packing items, be mindful of how much items weigh and if they might be ruined if they are crushed.

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- **Temperature:** In general, avoid chocolate (unless it's in a candied shell and wrapping a peanut). Be mindful of how temperature can affect the state of your food.
- **Energy:** Bring along foods that will build up your energy. Sometimes, my favorite things to eat can make me a little sluggish, so I will leave them at home to eat just before my post-climbing nap.

What to Bring

There are a lot of articles out there about what to eat and what to bring on a climb. Below is a simple list of some food options. For longer climbs, many articles suggest bringing “real food” that you take time to prepare while resting between days of climbing.

- **WATER** (Some climbing resources suggest drinking a gallon of water a day if you are climbing all day)
- Cliff Bars (no pun intended)
- Fruit (apples, oranges, bananas)
- Trail mix
- Peanut butter (sandwiches, on bagels, or on a spoon)
- Gatorade
- Salami/Pepperoni
- Raisins
- Sandwiches (be mindful of temperature effects on certain ingredients)
- Gels (see the link below about gels)

More Resources on Food

A full discussion on rock climbing nutrition is way beyond the scope of this eBook. If you would like to learn more, check out these resources:

Fuel Up; Proper Nutrition for a Climb: A good article that outlines the food you would eat for a long climb.

Climbers, Listen Up: This is Climbing Nutrition – Straight Up: An article written by a doctor concerning climbing nutrition. It's a bit over my head, but you might find it interesting.

Energy Food Review: A review of energy bars and gels for climbing.

Home Made Power Gels - Energy for Less: A quick introduction to gels.



Step 8: Lead

Up until this point, we have been doing what is called top rope climbing. In top rope, you hike to the top of the climb and set up the anchor before climbing. Typically, a top rope climb will be under 30 meters tall (98 feet), and the anchor location will be accessible without having to use climbing gear.

If you are wanting to do some climbs that are longer than 100 feet, you will need to do what is called lead climbing. Lead climbing is a type of climbing where you use gear to attach yourself to the rock as you climb instead of setting up the rope before climbing.

Falling While Lead Climbing

Falling on a climb can be a scary thing. To fall on a lead climb can be even more nerve racking.

If you fall while lead climbing, you will fall twice the distance you are from the last piece of gear.

Though it might be a bit more frightening to fall while leading, the steps you take are the same:

1. Communicate with your belayer to give them a heads up that you might fall.
2. Bend your knees and put your hands out to the side
3. Keep calm and fall on
4. Don't try to stop yourself from falling
5. Stay clear of the wall without pushing yourself off of it hard.
6. Be mindful of a potential swing if you're not directly over (or under) your last tie in point.



A Word about Lead Belaying

If you are belaying someone while they lead, the basic system for taking and giving rope is the same.

The one main difference is that when someone is lead climbing, much of the time, you will give slack instead of taking the rope in. As someone climbs, you want to give them the least amount of slack needed while not slowing the climber down.

Pay attention to the climber while they climb so that you can predict their needs for tension and slack. For example, if the climber has gotten to the next location to attach themselves to the rock, they will need extra rope to pull the rope to their tie in point.

The one thing I wish had been more aware of as a beginner is assessing and managing the risks that appear when you combine all of the pieces of the “climbing puzzle.” There are numerous sources to attain this valuable information. My suggestion to new climbers is to educate yourselves (through reliable sources), whether it be watching videos online, reading through climbing “how to” books or hiring a certified guide. As the old wise men say, “Knowledge is Power!”

- Taylor Lais from Sylvan Rocks

Sport Climbing

There are two types of lead climbing: **sport climbing** and **traditional (trad) climbing**. Sport climbing is when you do a climb that has pre-existing **bolts** in the rock.

One piece of gear that you will use for sport climbing is a quickdraw. A **quickdraw**, in essence, is a sling that has two carabiners attached to it. You will use them to attach yourself bolts while sport climbing.

After you are clipped in, you will continue through the rest of the climb, clipping in as you ascend.

Trad Climbing

If you like to go old school, you can do trad climbing.



Before effective bolts were developed for climbing, people used specialized pieces of gear to attach themselves to the rock. Instead of having bolts to clip into, you will use this gear to attach yourself to cracks in the rock.

Types of Trad Gear

There are several different types of trad climbing protection:

Passive Protection (trad gear without movable parts)



Nuts/Stoppers/RP: Metal wedges that you will slide into the rock to keep you safe.



Hexes: Similar to nuts, Hexes are wedged into a rock. They tend to be larger than nuts with a different shape.



TriCams: These odd shaped devices are helpful to wedge in a crack. They also have a position that you can place them in so that when weight is put on the TriCam, it will become more secure in the rock.

Active Protection (trad gear that has movable parts)



Cams/Friends: These are spring loaded devices that you can insert into a crack. They're pretty awesome.

Natural Protection (stuff around you that you can tie a rope around)

- Boulders
- Trees
- Rock features

Before using any trad gear, I **highly suggest** that you work with an experienced climber to make sure that you are placing it in correctly. I will be creating videos about trad gear in the future, but you should still have a guide review your work before going trad climbing.



Step 9: Go for the Big One

When you have begun to master the skills that are mentioned so far in this guide, you can begin exploring longer climbs.

Plan, Plan, Plan

Beyond looking at a guide book and saying “this is the climb that I would like to do,” there’s a bit more to take into consideration when planning to go on a longer climb.

- **How to get to it and how to get home:** It’s important to know how to get to the climb and how to get back down from the top. Can you rappel from the top or will you need to hike down?
- **Access Issues:** It’s important to check if there are any closures or permits required to do the climb. Typically park websites would let you know what closures they have.
- **How long will it take:** How long the climb takes will affect what supplies you will need and what equipment you need.
 - How will you take care of human waste?
 - Will you need a portaledge (a hanging platform that you could sleep on)?
 - How much food will you need?
 - How much water will you need?

Big Trip Resources

There are a number of resources that you can use when you are planning on taking a big climb. Below are some resources that I have found helpful:



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- **How to Big Wall Climb - The Bivy, Food, and Water:** A good resource on climbing considerations when you do a big climb. They talk about setting up a portaledge and even how to create your own poop tube.
- **Big Wall Kit:** A look at a climber's kit for big wall climbs.

I did a great job educating myself on things that perhaps some people find not as much fun as climbing is. Such things where on a long day it will make the difference between having a good day or maybe having a big epic. Such skills as: multi pitch efficiency, aid climbing techniques, rope rescue, self-rescue... Often times I see people taking these kinds of skills for granted. I like to think about this as techniques that I need to know, but hopefully don't have to use them.

- Andres Marin, Rock Guide

Multi-Pitch Climbing

To get up the big climb, you will use a technique called multi-pitch climbing. A **pitch** in climbing is the distance between where you begin the climb and where you create the anchor. So on a two pitch climb, you will lead up to the first anchor placement and create an anchor then lead up to a second anchor.

The simple process of multi-pitch climbing can help you to climb any rock from 100 feet to 2,000 feet.

I will be creating videos in the future about multi-pitch climbing and belaying from the top of a climb. Until those are created, [check out this video](#) which talks about swapping leads with your climbing partner.



Step 10: Celebrate

Well done! You did it.

Celebrating your accomplishments at the end of a climb is an essential part of the climbing experience. You and your climbing partner worked together to get this done.

One way I like to celebrate is to take a moment to breathe slowly and enjoy the view. Take in the beauty of the moment.

Enjoy the climb, for climbing sake.

- Randy Daniels from Life Adventure Center

Typically, my friends and I will celebrate a day of climbing with a solid meal. Slow Cooker Saturday has become a ritual: Throw some meat in the slow cooker when you leave and have it wait for you when you come home.

Whatever you do, it is usually nice to take some time to hang out with your climbing partner, share stories, brag about your scrapes, and relax.

Be sure to rest well... and then get back out on the rock!



What's Next?

Now you have a quick overview of how to get started on doing some epic climbing. This book was meant to be a general overview of climbing for you. Now it's time to put what you read to use. Take a moment to look over the chapter headings to come up with some action items.

I personally think it would be helpful for you to **visit the** [Smart Rock Climbing Intro Page](#) to watch my 45 minute video series. This series will give you the details about the fundamentals of rock climbing that I wasn't able to include in this book.

I also value your **connection**. I would love to hear from you personally what you think of this resource. The easiest way to get hold of me is by emailing me at Pieter@SmartRockClimbing.com.

If you are an experienced climber and have any ideas of things to change or add, please don't hesitate to contact me. I want to make this book and the resources on Smart Rock Climbing helpful for anyone interested in climbing. I hope to **create a team of experienced climbers and guides** that could help review all of Smart Rock Climbing's content before it is released. If you are interested in helping out, you can learn more about this team at [here](#).

Spread the Love

This resource is created for anyone who would like to get involved with rock climbing. I would love to share this resource with as many people as possible. If you know someone who might benefit from this resource, **I invite you to have them sign up** for my mailing list at ClimbingBook.com to receive their copy. Please do not copy or distribute this guide without requesting permission.



About the Author

Pieter Neethling is the founder of [Smart Rock Climbing](#), an online training school to help new climbers get equipped to go rock climbing. Since he was a child, he would climb on everything (including freaking out his mother by free climbing their two story house).

After years of indoor and outdoor climbing, he became trained in Single Pitch Instruction and became a member of the American Mountain Guide Association. He regularly takes out climbing groups from 5-15, introducing many to the sport that he loves.

Beyond climbing, he enjoys playing guitar, board gaming, and welcoming the world over to his home for a barbeque (free on Saturday?). He is an active member of a somewhat-non-denominational church and lives in a quaint home in the happiest place in America (San Luis Obispo County) with several friends.



Dedication

Dedicated to the future Mrs. Neethling. Looking forward to many adventures with you... when I finally meet you.



Copyright and Disclaimer

Rock Climbing is dangerous.

The information contained in this guide is for informational purposes only. Always seek the advice of a professional climbing guide before acting on something that I have published or recommended.

This guide contains some links that I may benefit from financially.

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Users of this guide are advised to do their own due diligence when it comes to making decisions concerning climbing gear, techniques, locations, guides, partners and any other safety measure.

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Links

Here's some of the links mentioned in this eBook. They are numbered to make it easier for my audiobook listeners to find.

Amazing Website (Statement is Heavily Biased)

1. Smart Rock Climbing (www.SmartRockClimbing.com)

Find a Climbing Partner

2. Meet Up (<http://www.meetup.com>)
3. Rockclimbing.com (<http://www.rockclimbing.com/Partners>)
4. Mountain Project (<http://mountainproject.com/scripts/Partners>)

Gear

5. Smart Rock Climbing Gear Checklist (<http://www.smartrockclimbing.com/gear>)
6. Eastern Mountain Sports (<http://www.smartrockclimbing.com/EMS>)
7. REI (<http://www.smartrockclimbing.com/REI>)

Training

8. Smart Rock Climbing Intro Page (<http://www.smartrockclimbing.com/intro>)

Finding a Guide

9. AMGA Hire a Guide Page (<http://amga.com/hire-a-guide>)
10. Google (<https://www.google.com>)

Find More Climbs

11. Mountain Project (<http://mountainproject.com/destinations>)



10 Steps To Epic Climbing – Pieter Neethling

12. RockClimbing.com (<http://www.rockclimbing.com/routes>)
13. Summit Post (<http://www.smartrockclimbing.com/SummitPost>)
14. SuperTopo (<http://www.supertopo.com/freetopos.html>)
15. Amazon (<http://www.smartrockclimbing.com/amazon>)
16. Google (<https://www.google.com>)
17. Smart Rock Climbing Climb Finder (<http://www.smartrockclimbing.com/find-the-perfect-climb>)
18. Explanation of Climbing ratings
(<http://www.climbingtechniques.org/understanding-route-grades.html>)

Train

19. Pull Up Bar (<http://www.smartrockclimbing.com/pull-up>)
20. Tips, Tricks and Mind Hacks for Rock Climbing
(<https://www.youtube.com/watch?v=JP4D3JT6gUI>)

Eat

21. Visalus Protein Shakes (<http://www.smartrockclimbing.com/visalus>)
22. Fuel Up; Proper Nutrition for a Climb (<http://www.climbing.com/skill/fuel-up>)
23. Climbers, Listen Up: This is Climbing Nutrition – Straight Up
(<http://www.pacifichealthlabs.com/blog/climbers-listen-up-this-is-climbing-nutrition-sraight-up>)
24. Energy Food Review (<http://www.climbing.com/gear/energy-food-review-no-234-october-2004>)
25. Home Made Power Gels - Energy for Less (<http://www.summitpost.org/home-made-power-gels-energy-for-less/239378>)

Big Trip Resources

26. How to Big Wall Climb - The Bivy, Food, and Water
(<http://www.supertopo.com/a/How-to-Big-Wall-Climb-The-Bivy-Food-and-Water/a10575n.html>)
27. Big Wall Kit (<http://www.climbing.com/skill/big-wall-kit>)
28. Swapping Leads on Multi-Pitch Trad Routes (<http://vimeo.com/33940152>)

What's Next?

29. Smart Rock Climbing Gear Checklist (<http://www.smartrockclimbing.com/gear>)
30. Smart Rock Climbing team (<http://www.smartrockclimbing.com/team>)
31. Climbing eBook (<http://www.climbingebook.com>)