

Intro to Outdoor Rock Climbing

Never climbed? Done a bit of indoor climbing/bouldering before? Can't remember much about belaying since you did it at school camp? This course is for you.

Overview

2 Days

Located at Spur Road Crag, Timaru

Learn the skills you need to start styling climbs on real rock while keeping yourself and climbing party safe. We'll get you comfortable moving on rock, using safe belaying techniques, tying knots and rope handling skills, using climbing calls and give you considerations for buying your own gear.

A minor level of fitness is required. Difficulty of climbs can be adjusted to suit your ability, but you should be comfortable walking/standing on uneven terrain and easily able to climb a ladder.

Fear of heights? We'll only encourage you to go as high as you feel comfortable. A good opportunity to push yourself out of your comfort zone in a safe environment.

Time

9am – 4pm each day

Location

[Spur Road South Canterbury](#)

Accommodation

We provide accommodation in our off-grid [Cabins](#) at no extra charge for the duration of the course.

You will need to bring your own bedding (sheets, pillows and duvets or sleeping bag) and towels. We provide hand towels, bathmats, tea towels and cloths for cleaning. The bedrooms are not heated so please make sure you bring enough bedding to keep warm.

Food

You Need to provide your own food – Lunch needs to be packed to carry down to the Crag each day

Age requirements

Appropriate for ages 16 and up

Course Schedule

Day 1

9am meet at Spur Road Crag carpark, outside of Timaru (location available on Google Maps)

Morning

- Use your feet – introductory climbing movement skills
- Safe top-rope belay technique
- Climb/belay practice

Afternoon

- Guidebooks, grading, where to get information about climbing
- Lots of climbing

4pm finish

Day 2

9am meet at Spur Road Crag carpark

Morning

- Recap basic movement skills
- Terrain and technique – intermediate movement skills
- Project a climb

Afternoon

- Abseiling
- How do I figure out what type of stuff I should buy? Gear chat.
- Where to from here? What to work on for the future, where to find others to climb with, other types of climbing you may encounter

4pm finish

Gear List

We will supply all climbing specific gear, but please come dressed for the weather. We may still climb even if it's drizzling!

If you already own any of your own climbing gear, bring it along.

Keep in mind – Spur Road crag is located on a private farm. There are no public toilets and no drinking water available.

Compulsory Gear:

- Activewear appropriate for weather conditions
- Warm jacket or fleece
- Raincoat
- Trainers (well-fitting with good grip)
- Lunch and snacks
- Drink bottle/Water (recommended minimum 2L for whole day)
- Sunscreen
- Cap/hat
- Any medications you take

Gear We Will Supply:

- Helmet
- Harness
- Belay devices
- Climbing shoes (size range is limited)
- Other technical gear for climbing

Optional Gear:

- Camera
- Warm hat or gloves (winter)
- Thermals (highly recommended)

Overnight – if staying at the Cabins

- Pillow
- Sleeping bag
- Food