



<b>Objective:</b>	<b>One Day Rock Climbing Introduction</b>
<b>BanffLIFE Contact:</b>	Michelle Backhouse w-760-2423 <a href="mailto:banfflife@banff.ca">banfflife@banff.ca</a>
<b>ACMG Guide:</b>	Kris Irwin
<b>Departure time:</b>	8:00 am
<b>Departure location:</b>	110 Bear Street, Town Hall
<b>Return time:</b>	Depends on group level
<b>Return location:</b>	110 Bear Street, Town Hall
<b>Transportation:</b>	12-passenger van
<b>Equipment:</b>	<b>Rock Climbing Shoes</b> Please see the gear list below
<b>Food:</b>	Please provide your own snacks, lunch and water

### Description

This course is appropriate for anyone who is interested in learning about the sport; no previous experience of any kind is required. All you need is a little bit of gumption and a dash of courage! This class is also a good one to take if you have already enjoyed some gym or rock climbing with a friend or on a previous course but feel a need to brush up on belaying skills or climbing technique.

### Safety

Safety is our first priority on all *BanffLIFE* trips and courses. Instructors on all trips have appropriate certification and are members of the *Association of Canadian Mountain Guides*. These guides have gone through a rigorous training and certification process to ensure the trip is as safe as possible. Please listen and pay attention to the guides and follow their instructions.

### Risk

All hiking, climbing, mountaineering and skiing activities involve some element of risk. You will be required to sign a waiver where you assume that risk, waive your right to sue, and release the guides and *BanffLIFE* of all liability in case of an accident.

### A Little about Banff

Welcome to Banff National Park! Established in 1885, Banff is Canada's first and best known national park. It is a part of a UNESCO World Heritage Site that covers 20,000km<sup>2</sup> of some of the most spectacular and ecologically significant areas in the Canadian Rocky Mountains. From the beginning, Banff National Park has provided inspiration, rejuvenation, and relaxation to millions of people each year. It is a place where residents and visitors can participate in activities that help them understand and respect Canada's natural and cultural heritage. Banff is truly a sacred and special place where the richness of Canada's mountain heritage is respected, experienced and celebrated for all time. As members of the Banff community, you are about to embark on your very own Banff National Park adventure. *BanffLIFE* is happy to be a part of your adventure and we are looking forward to introducing you to your back yard!



## Equipment List

### Clothing

- T-Shirt - Cotton for warm weather, synthetic for cool weather
- Climbing Pants - Loose fitting, cotton for warm weather, synthetic for multi-pitch or cold
- Insulation Layer Top - Pile (fleece), light synthetic fill or wool sweater/jacket
- Waterproof Layer Top - Waterproof breathable or coated nylon jacket
- Waterproof Layer Pants - Waterproof breathable or coated nylon pants
- Sun Hat
- Toque - Wool or Synthetic
- Light Gloves - Wool, synthetic or leather
- Belay Jacket (optional) - Warm down or synthetic jacket for hanging/belaying in the cold

### Personal Equipment (You must provide)

- Backpack large enough to carry your personal gear and some group gear
- Water Bottle
- Lunch & snacks
- Sunglasses
- Sun and Lip Cream
- Pocket
- Rock Shoes (you need to rent your climbing shoes prior to the date and have with you in the a.m.)**
- Approach Shoes
- Chalk Bag

### Climbing Equipment (provided by BanffLIFE)

- Helmet
- Harness
- Belay Device
- Locking Carabiner

### Team Equipment (provided by BanffLIFE)

- Rope(s)
- Climbing Rack - nuts, cams, quickdraws, biners, etc.
- Slings - single and double length
- Cordelettes
- First Aid Kit
- Route Book/Description