



Rucksack Guide - Rock Climbing (Rucksack Guides)

Alun Richardson

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Rucksack Guide - Rock Climbing is your essential handbook when climbing. It offers concise guidance and support for any situation you might find yourself in, including:

- technical skills: tips and reminders on the key climbing techniques
- rope work: what knots to use in certain situations and how to tie them
- types: aid climbing, free climbing, big walling and ice climbing
- safety: essential procedures to ensure the safety of yourself, your party and others on the rock face
- emergencies: guidance on what to do in extreme situations.

The book is colour-coded for easy reference and all information is presented in lists and tables, making it simple to understand in testing conditions.

The *Rucksack Guide* series is taken from *Mountaineering: The essential skills for mountain walkers and climbers*, the definitive handbook for hill walkers, climbers and mountaineers.



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