



The Trad Climber's Guide To Problem Solving

Self Rescue Techniques



VDiff Climbing

Sold to
mateo.gonzalez.gomez94@gmail.com



The Trad Climber's Guide To Problem Solving
E-Book Edition

© VDiff 2019. All rights reserved. This publication is the property of VDiff.

Writer and illustrator: Neil Chelton

Photographers:

- Alex Ratson
- James Rushforth
- Andy Kirkpatrick
- Maria Parkes

Front Cover: Lynne Hempton on Via Myriam, Cinque Torri, Dolomites, Italy.
Photographer: James Rushforth

Warning: Climbing is Dangerous

This book is intended for climbers who are competent at basic trad climbing skills such as:

- Placing trad gear
- Building trad anchors
- Abseiling
- Multi-pitch climbing

This book is designed to be supplemented with practical instruction from qualified professionals. Do not rely on it as your primary source of rock climbing information. If you are unsure about any of the information given in this book, it is strongly recommended that you seek qualified instruction. Failure to do this may result in serious injury or death. The writers and employees of VDiff disclaim all responsibility and liability for any injuries or losses incurred by any person participating in the activities described in this book.

Terminology

To simplify and standardize the terminology in this book, the following terms will be referred to as:

In this book

GriGri
Prusik
Abseil
ATC

Other names

Assisted-braking belay device
Friction hitch
Rappel
Tube-style belay device

The Trad Climber's Guide To Problem Solving

Self-Rescue Techniques



Sold to
mateo.gonzalez.gomez94@gmail.com



The Aim of This Book

There are thousands of poor situations you could encounter when trad climbing, most of which do not have a textbook solution.

At the crag or in the mountains, there are an endless amount of ever-changing variables. Problems may be solved much differently depending on what gear you have available, how windy it is, how close you are to the ground or how loose the rock is. This book introduces the basics of problem solving and encourages you to develop the flexibility to craft a solution for each unique situation.

However, this book alone is of limited use. An essential part of the learning process is to go to the crag with your climbing partner and physically

practise the techniques described. Challenge each other to improvise different solutions for each problem.

The more times you solve similar problems with similar variables, the easier they are to solve again. Over time, these common problems will be solved subconsciously.

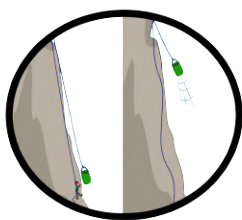
When you combine the theories in this book with real-life practise, your decisions will, hopefully, start to get better and become more subconscious. That is the aim of this book.

See you out there,

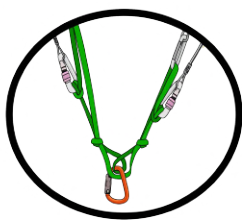
Neil Chelton
VDiff Founder



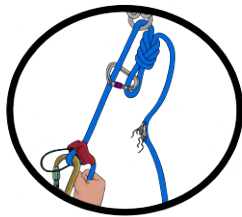
Contents



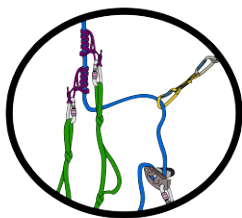
6 Accident Prevention



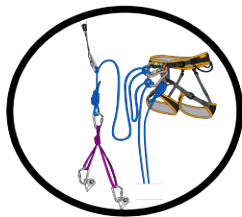
12 Advanced Anchor Building



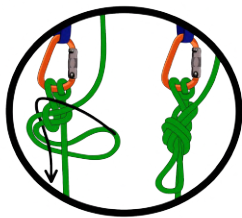
32 Abseiling



56 Lead Skills



82 Self-Rescue



124 Essential Knots