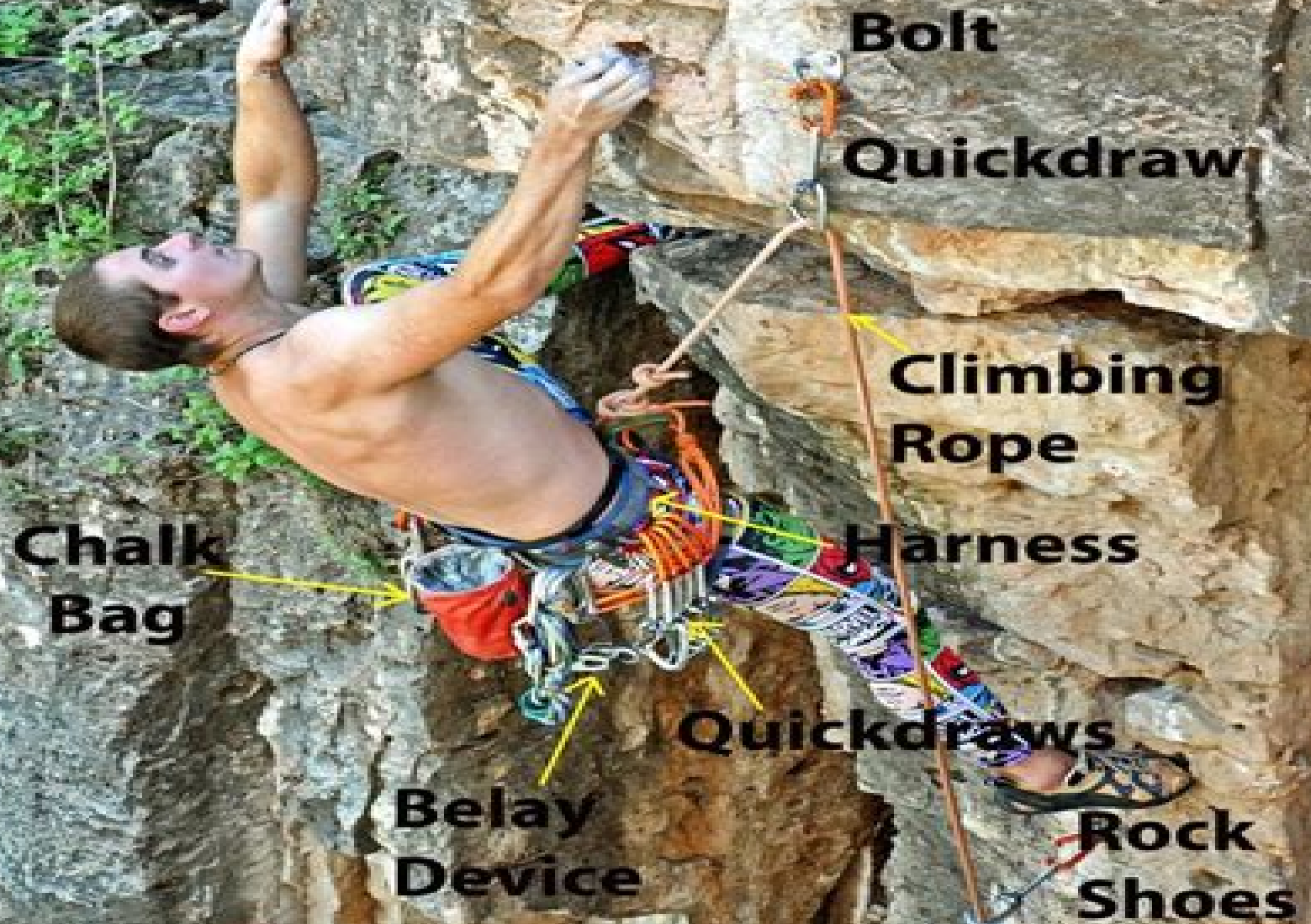


Sport Climbing Equipment



Rock Climbing Harness Guide

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The Complete Idiot's Guide to Rock Climbing Stefani Jackenthal, 2000 Provides instructions on climbing real rocks and fiberglass walls presents advice on buying and renting supplies and includes essential safety tips

Trailside Guide Rock Climbing Don Mellor, 1997 Demonstrates safe climbing techniques and tells how to transfer skills learned on practice walls to the outdoors

ACMG Climbing Guide Manual Association of Canadian Mountain Guides, 2023-06-01 This manual was developed to support the ACMG s Training and Assessment Program TAP courses in the climbing guiding streams and as a reference for ACMG certified guides

The Ultimate Guide to U.S. Army Survival Skills, Tactics, and Techniques U.S. Department of the Army, 2007-08-01 Drawing from dozens of the U S Army s official field manuals editor Jay McCullough has culled a thousand pages of the most useful and curious tidbits for the would be soldier historian movie maker writer or survivalist including techniques on first aid survival in the hottest or coldest of climates finding or building life saving shelters surviving nuclear biological and chemical attacks physical and mental fitness and how to find food and water anywhere anytime With hundreds of photographs and illustrations showing everything from edible plants to rare skin diseases of the jungle every page reveals how useful Army knowledge can be

The New York Times Practical Guide to Practically Everything, Second Edition Amy D. Bernstein, Peter W.

Bernstein,2009-11-24 All the wisdom of The New York Times experts in every field is packed into one comprehensive volume that has been completely revised and updated Illustrations throughout *Ecuador Climbing and Hiking Guide* Rob Rachowiecki,Mark Thurber,2008-10 Providing painstakingly detailed information for safely and securely navigating some of Latin America s most rewarding excursions this guide is for both avid climbers attempting Chimborazo s 20 700 foot summit and recreational trekkers looking to get off the beaten path From the heights of the Andes and the cloud forests to the Amazon coastal rainforests and the low lying beaches time tested travel advice and updated route descriptions are offered on how to select the best outing to suit each individual s interests abilities and time constraints Step by step instructions on how when and where to approach each trail guide climbers hikers bikers and trekkers through these often unmarked paths

Technical Skills for Adventure Programming Mark Wagstaff,2009 This curriculum guide will improve your knowledge and technical instruction skills in land water and snow and ice sports and activities It will guide you in becoming a skilled adventure instructor in the classroom and in the field The CD ROM has printable lesson plans for each unit that make it easy to print only what you will need in the field book cover The New York Times Practical Guide to Practically Everything Amy D. Bernstein,Peter W. Bernstein,2006-10-17 A collection of information on aspects of daily life and a variety of popular topics such as the home health animals nature sports and entertainment ACMG Ski Guiding Manual Association of Canadian Mountain Guides,2023-11-15 This manual was developed to support the ACMG s Training and Assessment Program TAP courses in the ski guiding stream and as a reference for ACMG certified guides

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