

SAMPLE ITINERARY



SELF RESCUE

SATURDAY

- Informal welcome chat with our staff and your course members
- Review of what makes a bomber belay to perform a rescue from
- Tying off the belay plate
- Escaping the system from a single point anchor
- Assisted and unassisted hoists
- Climbing up a rope with prusiks
- Back to PYB for tea and cake

SUNDAY

- Escaping the system from an out of reach anchor
- Abseiling past a knot
- Abseiling down a multipitch crag
- Lowering past a knot
- Putting the skills together to solve a more involved problem
- Back to PYB for more tea and cake, and a fond farewell!

