

## NOTES

## WASATCH MOUNTAIN CLUB CLIMBING SKILLS LOG

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone #: \_\_\_\_\_

If found, please return to the owner listed above.

Updated 2025 May 18

### CSI 5

5.1 Lead a 400' route without fixed protection or direct aid. \_\_\_\_\_

5.2 Climb with direct aid. \_\_\_\_\_

5.3 Tie a Munter Mule knot. \_\_\_\_\_

5.4 Tie a Butterfly knot. \_\_\_\_\_

5.5 Belay with 2 twin or double ropes. \_\_\_\_\_

5.6 Haul a bag with a Z-pulley. \_\_\_\_\_

5.7 Tandem rappel. \_\_\_\_\_

5.8 Install and remove pitons. \_\_\_\_\_

5.9 Identify 5 climber's accomplishments.  
\_\_\_\_\_

### CSI 2

2.1 Build a 2-bolt belay anchor. \_\_\_\_\_

2.2 Build & rappel from a carabiner block. \_\_\_\_\_

2.3 Join ropes with 2 Double Fisherman's Bends.  
\_\_\_\_\_

2.4 Clean a 2-bolt anchor & rappel. \_\_\_\_\_

2.5 Understand single, double (half), twin, & static ropes. \_\_\_\_\_

2.6 Join webbing with a ring bend. \_\_\_\_\_

2.7 Explain the leading and top-roping. \_\_\_\_\_

2.8 Identify scree, talus, intrusion, buttress, crack, seam, arete, dihedral, ledge, roof, chimney, summit, ridge, spur, draw, and couloir. \_\_\_\_\_

## CSI 1

- 1.1 Identify climbing harness parts. \_\_\_\_\_
- 1.2 Select a climbing harness; who needs a full-body harness? \_\_\_\_\_
- 1.3 Fit a climbing harness. \_\_\_\_\_
- 1.4 Tie into a climbing harness (rewoven Figure 8). \_\_\_\_\_
- 1.5 Conduct a pre-climb safety check. \_\_\_\_\_
- 1.6 Belay a top-roped climber. \_\_\_\_\_
- 1.7 Belay a lead climber. \_\_\_\_\_
- 1.8 Respond to commands. \_\_\_\_\_
- 1.9 Safely lower a climber 50' through a top anchor. \_\_\_\_\_
- 1.10 Demonstrate respect for other climbers at the crag. \_\_\_\_\_

## CSI 6

- 6.1 Climb a fixed rope with friction hitches. \_\_\_\_\_
- 6.2 Tie into the middle of a rope with a bowline or a bight. \_\_\_\_\_
- 6.3 Tie a Munter hitch with one hand. \_\_\_\_\_
- 6.4 Short-pitch belay on 4th class terrain. \_\_\_\_\_
- 6.5 Short-rope belay on 4th class terrain. \_\_\_\_\_
- 6.6 Belay 2 followers simultaneously on 5th-class terrain. \_\_\_\_\_
- 6.7 Install a bolt with a power drill. \_\_\_\_\_
- 6.8 Install a bolt with a hand drill. \_\_\_\_\_
- 6.9 Sketch a climbing topo. \_\_\_\_\_
- 6.10 Belay & lower a climber with a body belay. \_\_\_\_\_
- 6.11 Identify 5 local route developers. \_\_\_\_\_

## CSI 3

- 3.1 Identify 3 bolt types typically used in fixed protection. \_\_\_\_\_
- 3.2 Lead 80' of 5th-class with bolts. \_\_\_\_\_
- 3.3 Join 2 ropes with a Figure 8 Bend (Flemish Bend). \_\_\_\_\_
- 3.4 Belay & lower a climber with a Munter hitch. \_\_\_\_\_
- 3.5 Tie a Prussik hitch. \_\_\_\_\_
- 3.6 Understand climbing shoe performance. \_\_\_\_\_
- 3.7 Coil 200' of rope. \_\_\_\_\_
- 3.8 Identify standard climbing topo sketch symbols. \_\_\_\_\_
- 3.9 Give a safety briefing. \_\_\_\_\_

## CSI 4

- 4.1 Build belay anchor without fixed protection. \_\_\_\_\_
- 4.2 Lead 80' of 5th-class without fixed protection. \_\_\_\_\_
- 4.3 Explain "pitching" belays. \_\_\_\_\_
- 4.4 Tie a bowline knot around your waist. \_\_\_\_\_
- 4.5 Escape the belay. \_\_\_\_\_
- 4.6 Rappel without a harness. \_\_\_\_\_
- 4.7 Identify pitons. \_\_\_\_\_
- 4.8 Identify & understand runner materials. \_\_\_\_\_
- 4.9 Identify features on a USGS topo. \_\_\_\_\_