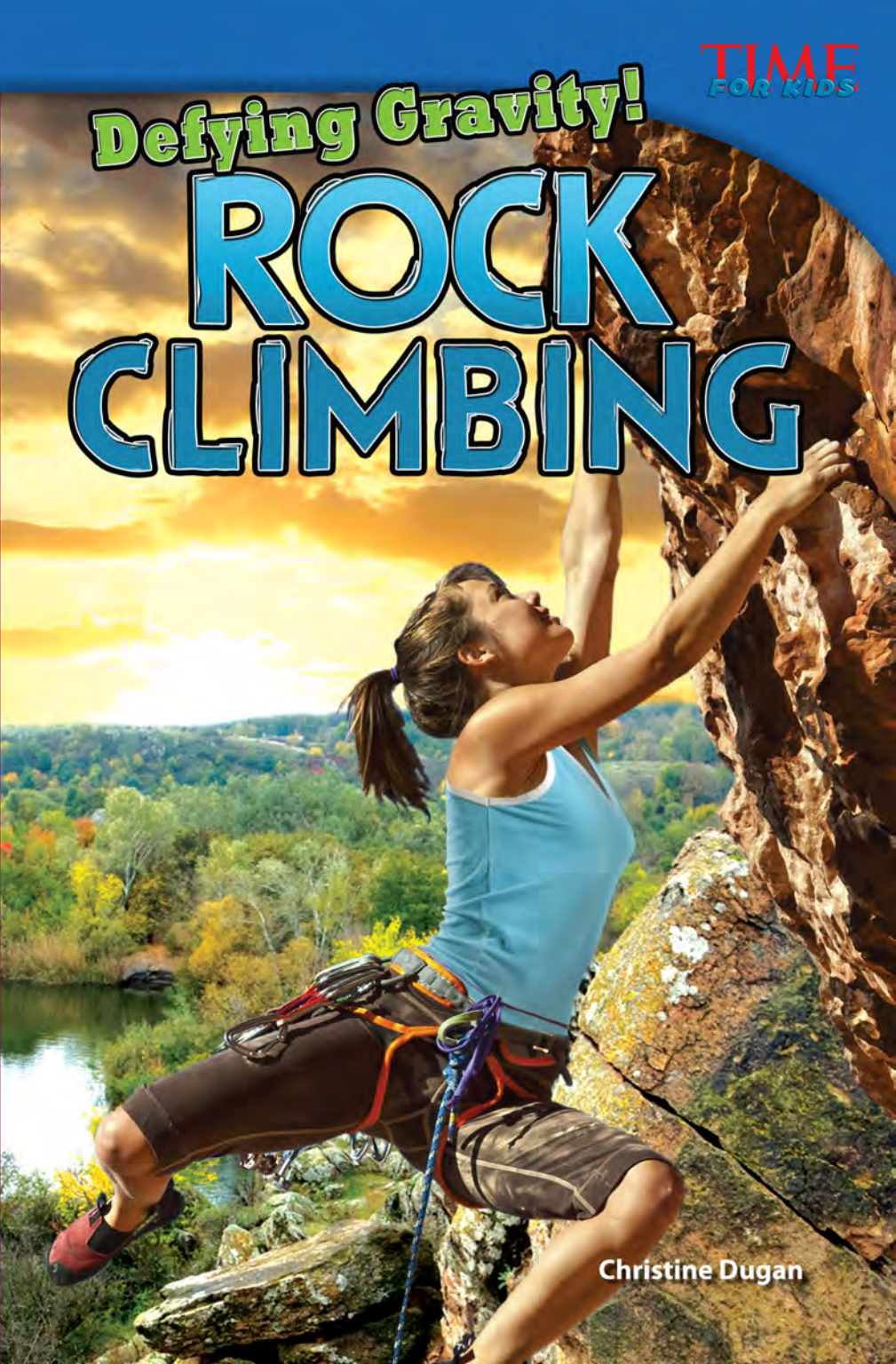
TIME FOR KIDS

Defying Gravity!

ROCK CLIMBING



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For teachers' inspection ONLY

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The Climb

A team of climbers stretches. They compare injuries and stories. The red sun is starting to rise. A bird flies by just below. The climb was amazing—the view is unforgettable.

Rock climbing is a sport that requires physical strength, intense focus, and true courage. And it is a sport that people of all ages can try. Rock climbers love facing new challenges. With every climb, they seek new thrills and new views. But the danger of a fall is always possible. The risks are great, but the rewards are awesome. It's time to go **vertical**!





Think you're ready to try rock climbing? Here are some things you'll need to know about:

- climbing techniques and safety skills
- what gear to grab
- math (even the strongest climbers won't get far without math!)

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What to Wear

Rock climbing is fun, but it is also serious business. A climber never just leaves home in the morning dressed in shorts and sneakers and heads to the mountain to climb for the day. This kind of outing takes a lot of planning.

Rock climbing requires special gear. These items help climbers stay safe and comfortable on the climb. What they wear is very important. They want to wear gear that fits correctly and allows their bodies to move while climbing.

Smart clothing choices also depend on the weather. Clothes may need to be lightweight or waterproof. Wearing layers is always a good choice.

Special climbing shoes help a climber's feet stay steady on the rocks. The shoes should be high enough on the sides to protect the ankles.

Keep Your Head in the Game

A helmet is a very important piece of gear. A climber must wear it in order to stay safe. Just as a bike helmet makes it safer to ride a bike, a climbing helmet protects climber's head.

Gear Up!

A rock climber purchases gear at an outdoor supply store. Look at the costs to see what items are most expensive. Why do you think that is? How much does the gear shown cost all together?



jacket
$59.99

+



shoes
$75.95

+



socks
$4.65

+



gloves
$12.99

+



helmet
$29.99

= Total?

Rope Up!

Climbers carry special equipment to **scale** a mountain of any height. The gear allows climbers to move up a vertical wall of rock. Yet it does something even more essential than that. It keeps climbers from falling!

The most useful piece of climbing equipment is a **harness**. A harness is made of a set of straps, belt loops, and buckles. The straps secure a climber to a piece of rope. The harness allows a climber to climb up and down while safely tied to a partner. Rock climbing ropes come in a variety of sizes, shapes, and weights. Experienced climbers use different ropes for different climbs.

Climbers also carry chalk. But they aren't writing or drawing with it. Chalk helps a climber grip the rock. It dries sweaty hands. The chalk is kept in a chalk bag. This is usually attached to the climber's belt.



Chalk helps sweaty hands grip rocks.

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Safety Check

Inspecting gear before each climb is very important. Climbers should look for any signs of wear and tear. Climbing equipment needs to be replaced **periodically** (peer-ee-OD-ik-lee) to keep it in good working condition. If equipment fails, the consequences could be deadly.