

SPECIFIC DISCLAIMER -CLIMBING-

Climbing can be defined as the ascent of an obstacle, it may be on a rocky crag, the natural expression and preferred terrain on which climbing has developed in all its forms, on rock, on an artificial climbing wall or on any kind of urban structure. The route undertaken during a climb is called a climbing route. To achieve this, requires the knowledge and the use of rope climbing techniques with individual alpinism or sports equipment. It is a complex discipline characterised both by distinctive physical and motor skills as well as an important psychological and mental component. Difficulties vary depending on the type of environment tackled.

The risks are typical of climbing and alpinism in general, together with those that result from a difficult and inhospitable climate (rock falls, falling from a height, slipping, loss of balance, sudden change in the weather, etc. ...)

What you need to know:

- **Characteristics of the activity and adequate measure to mitigate specific risks**
To undertake the activity of climbing it is obligatory to have all the specific and appropriate equipment to ensure your safety and aid your ascent (climbing shoes, helmet, harness, descenders, quickdraws, carabiners, ...)
- **Essential personal clothing and equipment**
In addition to the material mentioned above, all participants are requested to have adequate clothing according to the type of climbing activity previously chosen (indoor or outdoor, crags, high-altitude activity, ...). For outdoor activity it is advisable to have sunglasses and a hat/cap.
- **General precautionary information**
Before starting the activity, the Mmove Guide will hold a briefing to supply specific information regarding the activity which is about to be undertaken. All participants must collaborate and follow all the indications of the Mountain Guide.

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- **Optional equipment**

Backpack with a change of clothing, water bottle/thermos, sunglasses and hat, water and a snack; camera or action camera, possibly to be made available to Mmove.

- **Physical preparation and minimum requirements for the type and length of the activity**

A good knowledge of the techniques of climbing is required depending on the climbing activity previously chosen. For a first approach to indoor climbing or for some crags, it is not necessary to have any specific competence, but it is essential to be in good physical shape, not suffer from vertigo and not have a fear of the void. No drug or alcohol abuse.

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