



LAKE DISTRICT
MOUNTAINEERING

TRAD CLIMBING: INTRO



COURSE OVERVIEW

An Intro to Trad course provides a solid foundation in the essential skills and knowledge needed for safe and enjoyable traditional rock climbing. It covers core climbing techniques, the use of equipment, outdoor tactics, and key technical skills such as rope work, belaying, and placing protection like nuts, cams, and hexes.

SKILLS COVERED

- Movement coaching and climbing styles
- Fundamental climbing skills
- Technical gear and its application
- Tying in & belaying
- Placing and removing gear
- Rope work and climbing systems
- Climbing calls and communication
- Safe abseiling techniques
- Lots of climbing

[For more information visit the course page](#)



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MEETING DETAILS

MEETING LOCATION:

Keswick Climbing Wall

Goosewell Farm

Keswick

CA12 4RN

Google Maps Link:

[Keswick Climbing Wall- Rookery Woods · JW34+J5 Goosewell Farm, Keswick CA12 4RN, United ...](https://www.google.com/maps/place/Keswick+Climbing+Wall+-+Rookery+Woods/@54.65011,-2.9451,17z)

What3words: [///acquaint.paces.rush](https://what3words.com///acquaint.paces.rush)

Parking info:

- The car park at the climbing is the meeting location
- We meet here as it is convenient and opens up lots of venues that we select on the day, depending on weather
- We can care share from this location
- Cars can be left safely at the Castlerigg lay-bys just outside of the climbing wall car park

MEETING INSTRUCTIONS:

- Please meet your instructor for 9:00am
- On arrival, there will be a briefing to outline the day's plan and itinerary.
- The instructor will check for any medicals
- We will ensure everyone has the correct kit. Please follow the kit list - without the right equipment, we may not be able to proceed for safety reasons.
- We will provide your hire equipment and set you up for the day
- Please arrive ready to go with your bags packed, ready for the day on the hill



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KIT LISTS:

Kit lists can be found here - [**KIT LISTS - LDM**](#)

Please ensure you have the following equipment:

MOUNTAIN CLOTHING:

- Waterproof jacket
- Waterproof trousers
- Spare clothes (warm layers)

- Rucksack 30-40L
- Warm hat & gloves

OTHER ITEMS:

- Flask (optional)
- Water bottle
- Lunch & snacks
- Small first aid kit and/or personal medication
- Walking pole(s) (optional)

CLIMBING EQUIPMENT:

- Helmet*
- Harness*
- Rock Shoes (we do not provide these)
- Belay plate & Karabiner*
- STARRED ITEMS CAN BE SUPPLIED - JUST LET US KNOW IF YOU NEED THEM

OTHER USEFUL INFORMATION:

We can share group equipment such as first aid kits & group shelters etc.

Please make sure you have all of your personal medication to hand on your person if needed and let the instructor know if you are carrying medication.

Please make sure your footwear is appropriate for the terrain we are in and adheres to the weather on the day. We will be walking in rough and rocky terrain to approach the crags - so sturdy walking trainers or walking boots are necessary.

30-40L Rucksack - your rucksack needs to be big enough to comfortably fit all of your equipment INSIDE for the day. Please don't bring duffle bags. Recommended brands: Osprey, Lowe Alpine, Rab, Mountain Equipment, Deuter.

LDM can provide harnesses and helmets but feel free to bring your own if you wish to use them. Please let us know if you wish to borrow these items.

We also provide all ropes and hardware but feel free to bring any equipment you may have if you want to use it for your course.

Rock shoes - we do not provide these. They will need to be your own shoes and they need to be comfortable.

We recommend models like the Boreal Joker or La Sportiva Tarantula. Most people use whatever shoes they climb with indoors.

A waterproof jacket can be used as windproof jacket even when it's not raining.

Please no jeans or cotton. Wool/nylon baselayers are best and softshell mountain trousers are quick drying.



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