

Horsethief Belay and Rappel Checklist

	Build natural pro anchor and rappel off of it
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Be comfortable with these before you move on to more advanced skills:

	Belay from above off of the anchor using auto-blocking mode
	Tie off a belay device to go hands-free when belaying from below or above
	Rappel with a sling extension and autoblock backup

Then, you should work through these skills to become proficient:

(Combine these skills when possible and logical)

	Lower a follower by ratcheting and load strand direct (LSD) method
	Rappel with saddle bags (optional: discuss other methods for rappelling in high wind)
	Double-rope rappel (i.e. tie two ropes together and rappel)
	Rappel with a “damaged” rope ○ Isolate the damaged area ○ Use knot block or carabiner block to be able to rappel on one strand
	Tandem rappel with an “injured” climber
	Add friction on rappel (Z-system and discuss other methods)
	Unweight a stuck rappel device
	Convert from rappel setup to rope ascension setup and ascend the rope

Optional skills to practice if you’ve gone through all of the above:

	Rappel using a Munter hitch on two rope strands and autoblock backup
	Belay and lower from above off the anchor using a Munter hitch
	Practice any above skills with an assisted braking device

Horsethief Alpine Lead Checklist

	Each member of your group had led a route and lead belayed a route
	Build anchors using trad gear