

Katie's Canyon Warm-Up

1. Lock off rappel device
2. Hands free back up/3rd hand (ex: valdotain tresse, autoblock)
3. Water knot/ring bend
4. Single point anchors (ex: simple wrap, basket, wrap 1 pull 2)
5. Clove hitch
6. Figure 8 on a bite
7. Alpine butterfly
8. Knot for joining rope (ex: figure eight bend, double fisherman, EDK)
9. Releasable rigging (ex: compact secure, EMO, totem block, jester, joker)
10. Whistle signals (ex: international system)
11. Mariners hitch
12. Courtesy rigging/frost knot
13. Mechanical advantage (ex: 3:1, 5:1, 9:1)
14. Self rescue
15. Ascending
16. Passing a knot
17. Specialty equipment (ex: sand trap, fiddle stick, pot shot)

