

Cadette Snow or Climbing Adventure

Words to Know: Outdoor Climbing

- **Anchor:** An attachment that protects the climber from a fall. In top-roping, the rope passes through an anchor system at the top of the climb.
- **Belay:** A way to manage the rope so the climber doesn't fall and can be safely lowered to the ground using a belay device such as an ATC (air traffic controller)
- **Brake hand:** The hand that holds the rope to catch a climber; this hand never leaves the rope.
- **Carabiner:** An aluminum or steel link with a safety closure that is used with belaying and anchors
- **Class:** Category for each climb, based on the terrain, that ranges from one to six
- **Crux:** The hardest part of a climb
- **Harness:** Piece of equipment that attaches your body to the climbing rope, is made from webbing, and goes around your waist and each leg
- **Rating:** Difficulty of each climb that ranges from 5.1 to 5.15
- **Top-rope climbing:** Climbing method that uses an anchor at the top of the climb through which a rope is run, with both ends of the rope hanging back to the ground