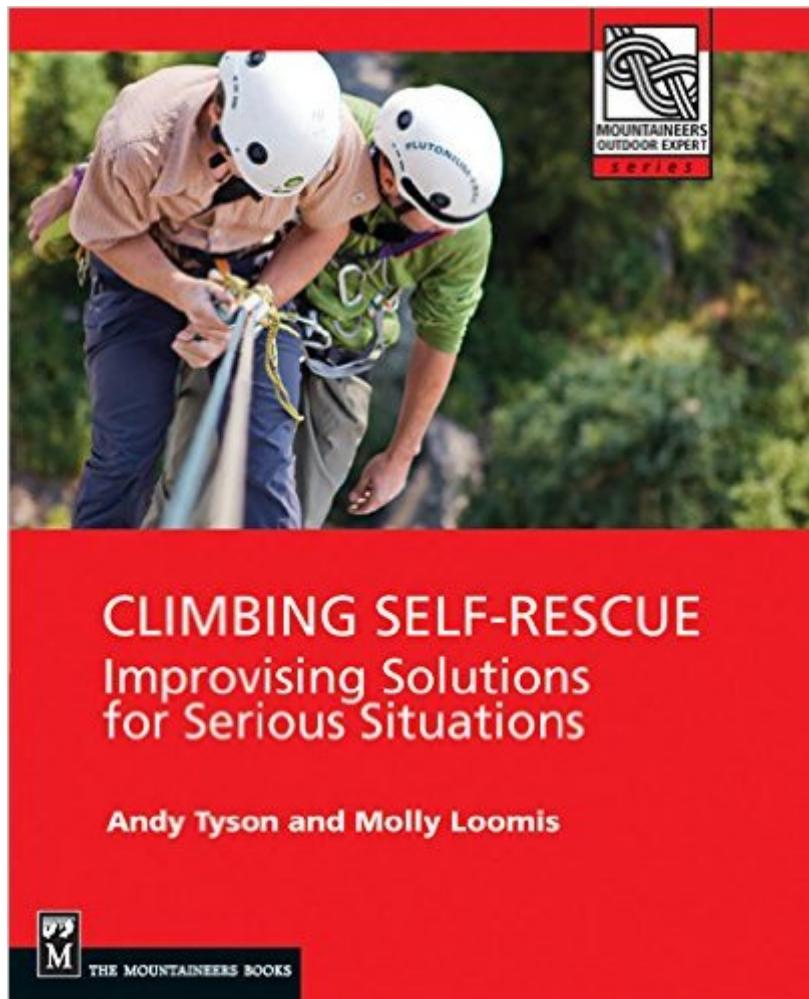


The book was found

# Climbing Self Rescue: Improvising Solutions For Serious Situations (Mountaineers Outdoor Expert)



## Synopsis

When your climbing team is in trouble on the mountain; how to get yourself out of a jam without calling 911. Self-rescue procedures for teams of two; the most common climbing party size; Techniques equally effective on rock, snow, and ice; Utilizes gear climbers already carry in their rack; Includes 40 one-page rescue scenarios and solutions for analysis. The rope is stuck; or too short. A crucial piece of gear is MIA. You've wandered off route into dicey terrain. An injury leaves you or your partner in need of help. Climb long enough and finding yourself in a jam far from help is inevitable. In Climbing: Self Rescue, two longtime climbing instructors and guides teach how to improvise your own solutions, calling for outside help only when necessary. Because few climbers carry fancy (and expensive) search and rescue gear, all skills taught in this book use the items typically found on a climbing rack: rope, carabiners, slings, and cord. Text, illustrations, and photos explain knots, belaying and hauling systems, rappelling, ascension, passing knots, how to safely assist and rig an injured climber, and more. Roughly half of the book is devoted to real-life climbing scenarios and solutions ranging from moderate to severe. Because real-life situations rarely unfold as they do in practice, Climbing Self-Rescue teaches how to analyze and improvise your way out of a crisis. ANDY TYSON is a guide for Alpine Ascents, Exum and Antarctic-logistics and Expeditions. MOLLY LOOMIS is an instructor for the National Outdoor Leadership School (NOLS), Alpine Ascents and Prescott College. Tyson is the author of Glacier Mountaineering; Loomis has written for Rock & Ice, Climbing, She Sends, and other publications.

## Book Information

Series: Mountaineers Outdoor Expert

Paperback: 256 pages

Publisher: Mountaineers Books; unknown edition (May 1, 2006)

Language: English

ISBN-10: 089886772X

ISBN-13: 978-0898867725

Product Dimensions: 6.9 x 0.5 x 8.5 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars See all reviews (26 customer reviews)

Best Sellers Rank: #112,778 in Books (See Top 100 in Books) #20 in Books > Sports & Outdoors > Mountaineering > Rock Climbing #135 in Books > Sports & Outdoors > Mountaineering >

## Customer Reviews

I concur with the previous review. Excellent detail and a plethora of photographs to illustrate each point. This book includes a section on ascending out of a glacier crevasse as well. Andy Tyson and Molly Loomis have done a lot of research and work to put this book together to include such detail as a flow chart for you to methodically determine which rescue scenario to pursue. Not only do they give qualitative data, but they included quantitative data compiled from various sources to help you understand the strengths of knots and their weaknesses as well. 29 rescue scenarios are explored for your better understanding of rescue techniques. If you have Fasulo's book, this will be a great addition to your rescue book collection. If you are just getting into rock climbing, I strongly advise seeking a mentor and purchasing this book to complement the side of climbing that many people overlook, self-rescue. Practice, practice, practice, then have someone critique your rescue skills.

This is currently the best book on self rescue. Tyson and Loomis provide clear instructions that are understandable to climbers new to leading and detailed enough for long-timers. There's a lot of information, so it can be a bit overwhelming, but you can quickly glean the important stuff. The final chapter offers 29 realistic scenarios with discussion on solutions that provide good food for thought. Like first aid, even if you think you know all this stuff, it's important to refresh your knowledge. This is the definitive text on self rescue that can literally save you when the s\*\*t hits the fan. Get it. Read it!

I've been climbing sport for about a year and a half, some multi-pitch. Just started leading trad this season, thought it was time to learn how to manage accidents/crises. This book has been just right for me. I have Freedom of the Hills, but this covers self-rescue in more depth ("self" means your party, as opposed to calling for search and rescue). It touches just briefly on ice climbing/big wall, covering topics that are applicable to most types of climbing. Table of contents: The Basics, Rescue Knots, Escaping a Belay, Descending, Ascending, Raising, Passing Knots, Scenarios and Solutions, Getting Outside Help (33 pages of 29 scenarios/solutions). The authors do a nice job of directing you to other resources outside the scope of the book. Concise, well organized chapters that build on each other logically. Set up to read straight through but also easy to reference specific topics/knots. Easy to follow diagrams/instructions. Nice mix of photos/illustrations.

I own Sylvan Rocks Climbing School here in the Black Hills of South Dakota. I see more epics (with other parties) then I care to admit. If you are going out climbing, the knowledge in this book is no optional. Gravity plays for keeps and when something bad starts and gravity takes over, its hard to stop. When it does stop, if you know how to pick up the pieces and use the knowledge offered up in this book, you will greatly improve your chances of getting yourself and your partner down safely. Sending your project climb is perhaps more fun, but taking the time to read and practice the techniques laid out in these pages is essential knowledge. Going climbing without understanding the basics of self rescue is like driving without a seat belt. Its all fine until you need it. When we have guest that comes to us wanting to learn how to use these skills I recommend they read this book before they spend the day with us.

There is a wealth of important and necessary information on knots, procedures and various methods of rescue and self rescue. Something interesting for experienced climbers is a chapter on various scenarios and what to do about them. Another worthy and must have read for the well intentioned climber.

Like all of the Mountaineers books this book covers everything. I recently took a full day course in self rescue and everything that was covered there is in here, plus so much more. There are photos and great explanations for all the knots and systems you can think of.

If you are an analytical mind or want to learn and practice analytical approach to solving tricky situations on rock, this is the book for you. It's focused heavily on rock (no ice climbing or general winter mountaineering) and it assumes you always have rope and rock gear available which is not always the case. All in all a great book!

If you plan to climb more then one pitch or with other climbers as you should be... take a few hours out of your day to learn this information. Escaping the belay is a important process, and this book shows how to do so in several different situations. Rigging for raise and lowering is also covered very well, along with rescue situations and Reppel setup and backup. I still refer back to mine regulatly to ensure im doin things correctly. If your not sure about how you would pass a knot or raise an injured second this book can help.

[Download to continue reading...](#)

Climbing Self Rescue: Improvising Solutions for Serious Situations (Mountaineers Outdoor Expert)

Rock Climbing: Mastering Basic Skills (Mountaineers Outdoor Expert) Rock Climbing: Mastering Basic Skills (Mountaineers Outdoor Experts) Bouldering: Movement, Tactics, and Problem Solving (Mountaineers Outdoor Expert) Backcountry Skiing: Skills for Ski Touring and Ski Mountaineering (Mountaineers Outdoor Expert Series) Cross-Country Skiing: Building Skills for Fun and Fitness (Mountaineers Outdoor Expert) Cross-Country Skiing: Building Skills for Fun and Fitness (Mountaineers Outdoor Expert) by Steve Hindman (2005-10-01) Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing) Self-Love: The 21-Day Self-Love Challenge - Learn how to love yourself unconditionally, cultivate self-worth, self-compassion and self-confidence (self ... happiness) (21-Day Challenges Book 6) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Wilderness Navigation: Finding Your Way Using Map, Compass, Altimeter & Gps (Mountaineers Outdoor Basics) Self Hypnosis for Beginners: The Ultimate Guide With Systematic Steps To Master Self Hypnosis (Self Hypnosis, Self hypnosis as you read, Self hypnosis diet) Self Hypnosis: The Ultimate Beginners Guide To Mastering Self Hypnosis In 7 Days (self hypnosis, self hypnosis diet, self hypnosis for dummies) Coaching Climbing: A Complete Program for Coaching Youth Climbing for High Performance and Safety (How To Climb Series) Rock Climbing Joshua Tree West: Quail Springs To Hidden Valley Campground (Regional Rock Climbing Series) Rock Climbing Virginia, West Virginia, and Maryland (State Rock Climbing Series) Rock Climbing Virginia, West Virginia, and Maryland, 2nd (State Rock Climbing Series) Rock Climbing the San Francisco Bay Area (Regional Rock Climbing Series) Rock Climbing Smith Rock State Park: A Comprehensive Guide To More Than 1,800 Routes (Regional Rock Climbing Series) Thailand: A Climbing Guide (Climbing Guides)

[Dmca](#)