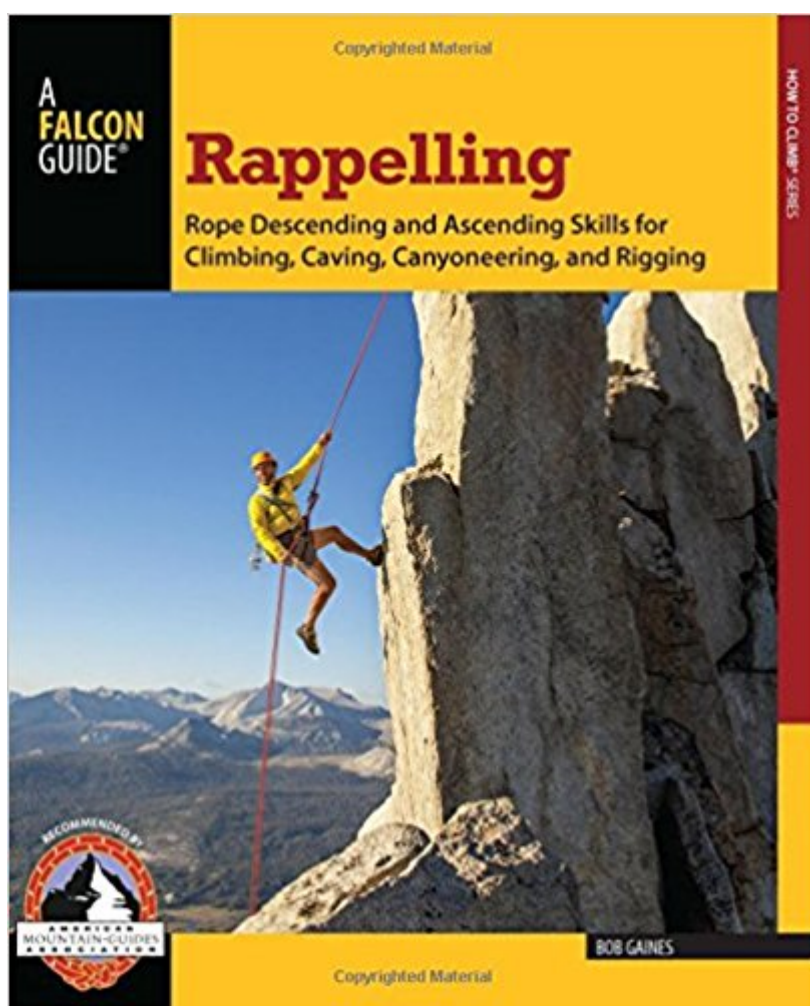


The book was found

Rappelling: Rope Descending And Ascending Skills For Climbing, Caving, Canyoneering, And Rigging (How To Climb Series)



Synopsis

In *Rappelling* you'll find everything you need to know about descending a rope, from the most basic to advanced techniques, including knots, rigging strategies, rappel devices, and more. Included is a comprehensive discussion of ropes, slings, and all the hardware used in rappelling. Rappelling techniques for climbing are covered in detail, including multi-pitch rappelling methods and rope management. Single rope fixed line rappelling techniques used in caving, canyoneering, and for industrial applications are also discussed, along with improvised rope ascending techniques ("prusiking") and ascending a fixed rope with mechanical ascenders ("jumaring"). Rappelling accident analysis and prevention is also included, along with a section on rappel back-ups and safety checks. Inside you'll find information on:

- Ropes
- Rappel devices
- Slings and webbing
- Knots and hitches
- Rigging rappel anchors
- Rappelling methods
- Rope retrieval techniques
- Rappelling accident analysis
- Rappel safety back-ups
- Working with fixed lines
- Rope ascending techniques

Book Information

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Customer Reviews

Bob Gaines has been a professional rock climbing guide since 1983 and is the owner of Vertical Adventures Rock Climbing School, voted the #1 rock climbing school in America by Outside magazine. Bob has worked extensively in the film business as a climbing stunt coordinator. He was Sylvester Stallone's climbing instructor for the movie *Cliffhanger*. Bob also doubled for William Shatner in the movie *Star Trek V*, as Captain Kirk free-soloing on El

Capitan in Yosemite.

I don't climb, but this book gave me a lot of information on Rappeling.

Well illustrated with excellent explanations. Helped me solve concerns about how to deal with the potential for a few difficult situations.

Great illustrations and easy to follow knot pics

good and concicive.

Everything you need.

Looks good

Informative

worked well

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