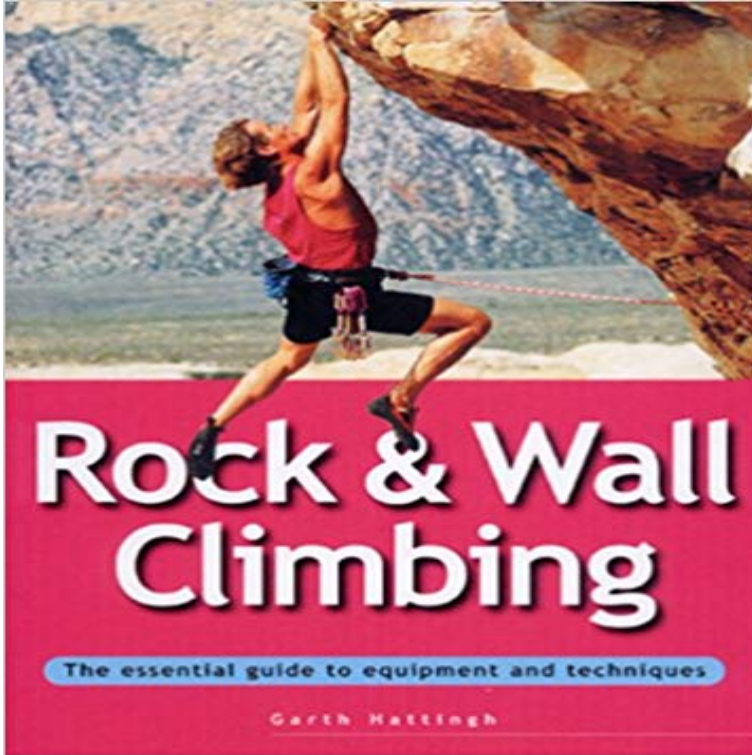


# Rock & Wall Climbing: The Essential Guide to Equipment and Techniques



150 color photos 8 x 10 Gear, ropes and knots, technique, training, destinations Step-by-step photos and illustrations A colorful, clear, comprehensive reference for climbers of all skill levels. Here in one volume is a basic guide to the equipment and techniques for rock and wall climbing, training the mind and body, and the vitally important skills of safety and first aid. A chapter on where and when to climb highlights some of the best sites around the world, with detailed maps and locations of climbing gyms. Garth Hattingh, author of the popular *The Climbers Handbook* (see below) has 30 years experience as a climber. He attended the International School of Mountaineering in Switzerland and is a former chairman of the South African Guides Association.

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