

# BASIC ROCK CLIMBING COURSE



**Bouldering**



**Rock  
Climbing**



**Rappelling**



**Jummaring**



**Casualty Carrying  
Techniques & First  
Aid**



**Sport  
Climbing**



**COURSE FEES :**  
**Rs.7800 /-**

## BATCHES

- 17 – 20 Oct 2024
- 14 – 17 Nov 2024
- 21 – 24 Nov 2024
- 22 – 25 Dec 2024
- 26 – 29 Dec 2024
- 23 – 26 Jan 2025
- 06 – 09 Feb 2025

## About the Course

A 4 days residential program designed to impart essential rock climbing skills, techniques, and knowledge. This is a certificate course offered by GGIM.

This certificate course is beneficial to not only the rock climbing enthusiasts but for all those who wish to do safe and enjoyable trekking. Giripremi's highly experienced rock climbers and instructors conduct this course. The syllabus of the course is designed scientifically and systematically in such a way that those who complete this course can explore possibilities in the field of mountaineering and rock climbing.

**The candidates completing the course with 'A' grade can further join GGIM's Advance Rock Climbing Course.**

## About GGIM

- **1st & only** adventure training institute in Southern India
- Brainchild of India's leading mountaineering club - **Giripremi**
- Team of **13 Everest & 10 Kangchenjunga** Summitters
- Affiliated to Indian Mountaineering Foundation, New Delhi & Akhil Maharashtra Giryarohan Mahasangh, Mumbai
- Associated with Savitribai Phule Pune University, NIM, Uttarkashi, HMI Darjeeling.
- Have trained over 12000 students in the last 8 years through various adventure training programmes.



At GGIM, we give paramount focus on safety & Quality.

- All the instructors are qualified and experienced.
- All the treks conducted are in a tested environment.
- All instructors are certified first aiders and they carry a First Aid Kit.

# Learnings Contents

## Basic Safety System

- Usage of essential safety gears in adventure field
- Detailed instruction on practical application and safety measures in outdoor lifestyle.
- Do's & Dont's in mountaineering



## Technical Skills

- Understand techniques and science of Bouldering, Natural Rock Climbing, Sport Climbing, and Traditional Climbing, Rappelling, Jumaring and Belaying.
- Gain Hands on Experience in achieving the skillsets

## Rock Climbing Knots & Equipment

- In this course the climber will learn basic knots & and their usage. Along with the rope, you will know about the technical equipment and their usage in belaying, anchoring, rescuing and climbing.



## Backpacking – First Aid Map - Navigation

- Introduction about First Aid treatments in outdoors, understanding maps, route finding and how to prepare yourself before going for a trek.

# Itinerary

**A detailed itinerary for the course is as follows :**

## Day 1



### Learning the Skills

Day 2 begins with hot tea and breakfast early morning. The morning session comprise of learning Outdoor Skills like rock climbing, rappelling and also practically performing them along with the instructors. Afternoon indoor session consists of Map reading, first aid etc. In the evening session, you will see more films related to rock climbing and mountaineering. Day 2 end after nice and hot dinner.

## Day 3



### The Test and Result Day

Day 4, you will be tested based on what you have learned in the past 3 days. a Viva and a written test will be conducted. The results of which will be declared in a while after the test. A felicitation ceremony is planned and participants and rewarded with their hard earned certificate and badge. Course ends !

### Arrival and Orientation

Reporting at Ferguson College, Pune followed by drive to Base of Sinhagad fort. A short hike till the top of the fort. On arrival at campsite, you will briefed about the campsite and the Course as well. Indoor afternoon session followed by Outdoor bouldering Evening session. Day 1 ends after a short film session and dinner.

## Day 2



### Learning the Skills

Day 3 starts will hot tea and breakfast early morning. Morning session will be held in outdoor. You will learn a new climbing technique - Jummaring. Also, you will be practicing Rock Climbing on different routes that are set up.

## Day 4



# Batch Details

**Batch 1** - 17 – 20 Oct 2024

**Batch 2** - 14 – 17 Nov 2024

**Batch 3** - 21 – 24 Nov 2024

**Batch 4** - 22 – 25 Dec 2024

**Batch 5** - 26 – 29 Dec 2024

**Batch 6** - 23 – 26 Jan 2025

**Batch 7** - 06 – 09 Feb 2025

## Fees details (Includes and Excludes)

**The fees for the Basic Rock Climbing Course is Rs.7800/- .**

**(NOTE :** The seats will be allocated on first come first serve basis. You can reserve your seat by paying Rs.2000.)

### Fees Include

- Transport facility from Ferguson College, Pune to Sinhagad fort base on Day 1 and back on Day 4
- Food (Veg) arrangement from Day 1 Breakfast to Day 4 Breakfast
- Accommodation in tents on sharing basis
- Use of technical equipment during the course
- Technical guidance from GGIM's Highly experienced Instructors

### Fees Exclude

- Transportation to and from Ferguson College before and after the course resp.
- Any sort of expense other that does not appear in Course Includes.

**Note :** Use of any alcoholic beverages and / or smoking is prohibited. If caught, he/she will be sent back from the course.

# Kit List

Things to carry	Qty	Remarks
<b>Trekking Gear</b>		
Big Sack to carry your personal belongings	1	(40 -45 litre) Large enough to carry luggage
Small day sack (10-20 l)	1	For trek till climbing site
Shoes pair (trekking shoe)	1	Trekking/Sports
Socks pair	3-5	
Cap	1	
Rope sling (2m) (will be provided by GGIM)	1	GGIM will provide
Notebook & Pen	1	
Water Bottle	2	1 litre
Trekking Pole	1-2	2 are recommended
<b>Clothing</b>		
T-shirt/shirt (Full Sleeves)	3-5	
Full Track Pant	2-3	
Rain Coat and Rain Pant	1	Seasonal
Sweater/ warm jacket	1	
Woollen cap/ Scarf	1	
Towel	1	
Spare set of clothes	1	For campsite stay
Personal medication if any		As prescribed, To be communicated before Course start
Camera/binoculars		Optional
<b>Canvas shoes / rock climbing Shoes</b>		
Personal toiletry kit	Set	
Head Torch/hand torch	1	3 spare cells
Thin blanket/sleeping bag	1	Optional
Toilet paper	1	1 Roll
Floater/s sandals	1	For campsite stay

**\*Camera/binoculars/smart phones to be brought at your own responsibility.**

**Note: All the participants will be hiking up to the top of the fort. It will be an hour long hike. You will have to carry your all gear with you. So we recommend you to carry a backpack of 40-50 litres. You can pack your all gear well and carry comfortably. A small day pack will be handy during the course times.**

# Payment Details

## Payment Terms

- The payment to be made by cheque/ demand draft/NEFT in the name of 'Guardian Giripremi Institute of Mountaineering'
- The program shall be considered confirmed only after the receipt of advance payment of 50 % of total amount and the balance amount to be paid within 10 days after the program.

## Bank Details (for NEFT):

Account Name: Guardian Giripremi Institute of Mountaineering

Bank Name: HDFC Bank, Mayur Colony, Pune

A/c No. : 50200009999572

IFSC code: HDFC0000149

## Google Pay:

G-Pay Number: 9284863609

UPI: 8380044906@okbizaxis

(Please mention participant's name and activity name in the remarks section)

**THANK YOU!!**

