

# 1 HOW TO JOIN

**WHO** Talk to Mr. Dicarlo

**WHEN** Any time, but preferably during Access time.

**WHY** Because you will have a blast, but you don't have to take it from us. Listen to what its members have to say.

"For me, I think it's the mental aspect because half of it is kind of figuring out how you're going to do a problem and then the other half is doing it."

— Thoren Westerkamp '25

# 2 WHAT TO WATCH

FILM 'FREE SOLO' INSPIRES CLIMBERS TO REACH FOR THE SKY

"It's extremely impressive to see his dedication to the craft of it. And it's also terrifying because he could have died really, really easily."

— Thoren Westerkamp '25



"It's just like conquering fear. It's just like a massive party."

— Hayden Fay '25

"My hands sweat all the way through it. It was just riveting."

— Hayden Fay '25

"It's just really impressive because basically, this guy climbs this huge rock face. Just by himself."

— Francis O'Donovan '25

# 3 DICARLO'S MUNCHIES

CLIMBING CLUB SPONSOR MATT DICARLO SHARES HIS FAVORITE SNACKS



# 4 WHAT YOU WILL NEED

ESSENTIAL CLIMBING EQUIPMENT

## ROPE

Ropes are used as a piece of protective equipment to prevent climbers from falling.



## HARNESS

A harness is a safety measure that connects a climber to the rope.



"I would just kind of say hanging out with my friends."

— Francis O'Donovan '25

## SHOES

Climbing shoes are specifically designed to grip climbing footholds.



## CHALK BAG

Chalk bags are used by climbers to dry the sweat produced by climbing. The chalk helps improve grip.



## BAG

Bags give you a place to keep and carry all of your climbing gear.



# COME HANG WITH US

TIPS AND TRICKS FROM CLIMBING CLUB

By Maren Holecek, David Maxwell, Teodora Blizanac, Keira Hart, and Rachel Larsen