

# **ClimbOut Festival 2023 Information Pack**

***Peak District, 19-21 May 2023***



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## Who is the festival for?

ClimbOut is designed with queer participants in mind and centres this experience, allies are welcome. We are committed to making ClimbOut an inclusive space. We welcome people of all climbing abilities, backgrounds and identities. Our bursary options were designed to improve access for individuals who are traditionally underrepresented in outdoor events: disabled; racially minoritised identities; trans and non-binary.

If you have specific questions or access needs, please contact us! [hello@climbout.org](mailto:hello@climbout.org) We would love to discuss how we can make ClimbOut a good space for you.

## Where and when

### Location

ClimbOut will be held at Thornbridge Outdoors Centre, located in Bakewell in the Peak District. You can find out more about Thornbridge at their website: [Thornbridge Outdoors - In the Heart of the Peak District](https://www.thornbridgeoutdoors.co.uk/)

Address:

Thornbridge Outdoors  
Longstone Lane  
Great Longstone  
Bakewell  
Derbyshire  
DE45 1NY

What3words: callers.provoking.monk



## Getting there and getting around

Travelling to the event is easiest by car. The BMC lift sharing service is a great way to ride share to the event, and a great way to meet new climbing buddies [British Mountaineering Council community - part of the Liftshare network](#).

If doing courses or masterclasses (or climbing independently), you'll need transport to get to the crag on Saturday and Sunday. Don't worry if you are coming with friends who have booked into different courses, there are usually plenty of people to carpool with and we will try to help if anyone is stuck.

## When do I need to arrive/leave?

ClimbOut runs from 6pm on Friday May 19<sup>th</sup> to 4pm on Sunday May 21<sup>st</sup>.

Registration on the 19<sup>th</sup> is from 6-8pm. We know some of you have a longer journey so if you need to arrive later, please let us know [HERE](#) and we will ensure someone is available to meet you.

You must have packed up your tent / vacated your bunkhouse by 2pm on Sunday May 21<sup>st</sup>. If you are on a course (or wanting to climb independently beyond 2pm), please ensure you pack up on Sunday morning, before heading out for the day. The latest time for collecting bags from the site is 5pm.

## Climbing and courses

### I've never climbed outdoors before - is the festival for me?

Absolutely! One of the main purposes of the festival is to help queer climbers start to climb outdoors. We would suggest you book onto a course like Rock Skills Introduction, to get the most from your experience.

### I want to do courses

When booking your ticket you can also select courses. There are a range of options for different skill levels and interests. Each course page details the experience level you need to attend, and covers the kit needed to take part.

Can't see a space on the course you want? Email us and we'll see if we can help.

### Where are the meeting points for courses?

On Saturday and Sunday mornings you will gather with your instructors for an introduction and briefing before heading to the crag. You must be at the meeting point for **08:45am**, with your kit ready for the day. Venues will be signed on site:

Rock Skills Introduction; Rock Skills Intermediate; Beginners and Intermediate Intro to the Outdoors - **Wydale and Lathkill room**

Learn to Lead Sport - **The Lodge lounge**

Learn to Lead Trad- **The Basecamp room**

Improve Your Headgame, Trust your Trad gear, Crack Climbing, Beginner and Advanced Self-Rescue, all Masterclasses- **The Yurt**

Solo independent climbers in need of a partner can link up at the **Farmhouse dining rooms** at 08:45 am on Saturday.



## I want to climb independently

Climbers who already have outdoor experience are very welcome to book a festival ticket and enjoy the Peaks without instruction. Check out the next section (Navigating the Peaks) for additional resources. If you are in need of a belay partner, see "I don't have a climbing partner".

## Navigating the Peaks

Anyone booked onto a course will be climbing with a fully trained instructor. Even so, you may like to have some extra resources, to make the most of your experience. Guide books are available for the region as is the Rockfax app:

**Rockfax:** We have partnered with UKC and Rockfax to provide all attendees with 7 days of free subscription time on Rockfax Digital for the event. Look out for details on how to redeem in the Key Info e-mail.

## Children

Children are welcome at ClimbOut festival. They will need their own ticket but can stay at Thornbridge, climb independently with their guardians and attend social elements of the festival. Unfortunately, children, and their supervising adult, cannot book onto the courses or workshops that are available this year. Under 18s must be accompanied by a parent or designated adult at all times.

## I don't have a climbing partner

Don't worry! Course participants will be in balanced groups so no partners are required.

For independent climbers in need of crag buddies we have a designated space and time where you can make plans with other climbers. Robert and Matilda will be on hand in the **Farmhouse dining rooms at 08:45 am** on Saturday to help you buddy up.

While we will provide the space to help facilitate this, ClimbOut is not responsible for pairing independent climbers up and climbers remain responsible for their own safety. Always complete gear checks with your partner and be honest about your competencies and comfort zone.

## What will happen if the weather is bad?

The Peak District is beautiful but subject to British weather, even in glorious May. We have arrangements in place with local indoor venues for both roped climbing and bouldering options. Where courses cannot safely run outside due to weather, they will be adapted for indoor delivery.

Independent climbers will be able to access discounted entry to one of the indoor climbing venues we have partnered with.

## Practicalities: Eating, Sleeping and What happens each day

### Friday

- 18:00 - 20:00 - Arrivals and registration at the registration desk. If you're arriving late, let us know [HERE](#).
- 18:00 - 20:00 - Pick up booked kit from DMM and Tenaya
- 20:00 - 21:30 - Evening talks (sign-up at registration)
- 21:30 - 23:00 - Join us at the campfires or in the Yurt

### Saturday



# CLIMBOUT

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- 07:45 - 08:30 - Morning Kinstretch class (sign-up at Friday registration).
- **BEFORE** 08:45 - Breakfast, pack bags and pack lunch
- 08:45 - 09:15 - Meet at designated point for courses / independent climbing
- 09:30 - 17:00 - Climbing!
- 15:00-16:15 - Bonus Kinstretch class for those not at a crag
- 17:00 - 20:00 - Showers, Evening meal (**served from 6pm**) and chill
- 20:00 - 21:30 - Evening talks
- 21:30 - 23:00 - Join us at the campfires or in the Yurt

## Sunday

- 07:45 - 08:30 - Morning Kinstretch class (sign-up at Friday registration). Unless you're uber prepared, we do not recommend this if you are booked onto a Sunday course or masterclass.
- 08:00 - 08:45 - Drop off kit to your vehicle or any bags to bag store
- **BEFORE** 08:45 - Breakfast, pack bags & lunch. **Pack all tents & vacate bunk rooms if you are on a course.**
- 08:45 - 09:15 - Meet at designated point for courses / independent climbing
- 09:30 - 16:00 - Climbing!
- 14:00 - **Latest time to pack tents & leave bunk rooms for those on site.** We recommend you do this in the morning.
- 17:00 - **Last chance to pick up vehicles & leave site with all kit.**

## Kinstretch Classes

In addition to our climbing courses we are lucky to have #kinstretch classes at the festival, courtesy of the wonderful [Faye Colaco](#). Sign up at registration to have Faye guide you out of your sleeping bag compression and into a day of smooth climbing.

A combination of strength and mobility training, Kinstretch classes expand your usable range of motion, making for smooth, effortless movements with a reduced chance of injury. Kinstretch builds the structure of each joint at a high level, mitigating possible injuries, reducing pain and allowing you to find 'flow' in your movements when climbing.

## I've said I'll volunteer, what will I be expected to do?

Thank you for offering, we really appreciate it! Volunteers will be contacted by the volunteering team and allocated to a specific time slot and activity. Volunteering duties will not interfere with attending courses.

## Where will I sleep?

Thornbridge has a range of options for accommodation. When booking for the festival you will select:

- Camping: using your own tent and providing your own bedding (sleeping mat, pillow and sleeping bag).
- Bunkhouse accommodation. This is a shared, mixed gender space, with 3 to 8 beds in each room. Bedding is provided.
  - At the suggestion of our partners (Wanderers of Colour and Asian Climbing Crew), we have included the option of a dedicated bunkhouse for People of Colour. Please email us if you would like to be placed here and haven't indicated it on your booking form.



- Accessible accommodation is available. Please email us if you would like to be placed here and haven't already indicated it on your booking form.
- Teepees each accommodate 3 people. You need to bring your own bedding (sleeping mat, pillow and sleeping bag).
- Can I stay in my van? There are limited van spaces at the venue, if you wish to stay in your van please contact [hello@climbout.org](mailto:hello@climbout.org) and we will try to accommodate.

## Showers and toilets

Thornbridge is well equipped with showers and toilets, located in both indoor accommodation and the camping area. You need to bring your own towels and toiletries.

## Gendered facilities

For the duration of the festival all facilities will be for all genders. Gendered signs will be replaced with inclusive, descriptive signs, e.g. "what's in here" (urinals, stalls, etc.)

Sanitary bins will be spread around **all** facilities.

## Electronics

Power points are available in indoor accommodation (bunkhouses). If you are camping, a powerpack will be handy, but you should also be able to charge indoors if needed. WiFi is available in all accommodation and reaches the camping areas.

## What should I bring (general kit)?

You will need to provide your own camping gear and food as we will only provide food on Saturday night. If you haven't been on a trip like this before, you may find it useful to follow a sample gear list for clothes, climbing gear and camping. For a detailed breakdown of useful kit, skip to our "What To Pack" section at the end, complete with handy checklists and tips for clothing, camping and climbing.

## Cooking and catering

A very important topic and one close to the ClimbOut team's hearts. On Saturday evening a meal will be provided but for all other meals you will need to be self-sufficient.

Cooking facilities are available as part of the bunkhouse accommodation and at the onsite camp kitchen. While well equipped for a single large group, they aren't designed for lots of individual users. We highly recommend bringing your own cooking supplies including pans, crockery, stove and fuel.

Saturday night's meal will be provided by Hazel's, a team with plenty of experience feeding hungry outdoor adventurers at Thornbridge. To keep us as environmentally friendly as possible, please bring your own plate and cutlery to the queue. Hazel's will be cooking up a tasty mild curry (spinach and chickpea / chicken balti with naan and rice). Dietary requirements flagged on booking forms will be relayed to Hazel's and they will do their utmost to ensure everyone has a dish they can enjoy. We know that some of our attendees might feel concerned about unfamiliar foods or have particular requirements that aren't so easy to summarise on a booking form. Please contact us if there is anything further we can do to make sure you can enjoy the meal.

## Nearby shops

Thornbridge is located in the small village of Great Longstone, with two pubs and a shop within walking distance. Local shops include:



- [ALDI Bakewell](#): 5 mins drive from Thornbridge, open Fri 8am-10pm; Sat 8am - 10pm; Sun 10am - 4pm
- [Co-op Bakewell](#): 8 mins drive from Thornbridge, open Fri 8am-10pm; Sat 8am - 10pm; Sun 10am - 4pm
- [Great Longstone Village shop](#): this is a [tiny village shop](#) that may not have ample food supplies, 13 mins walk from Thornbridge, open Fri, 10am-5pm, Sat, 10am-5pm, Sun, 10am-5pm.

## Quiet space

We know that some participants might welcome a dedicated space in which to decompress. We are setting aside an area specifically for this. This will be designated as a quiet area for those who want some sensory and social downtime.

## Prayer

Some participants may want a quiet space specifically for prayer. We have set aside a dedicated space for this. We ask that this space is respected and not used for any other purpose, to preserve it for those wishing to practise their faith.

## What should I bring (climbing kit)?

You will need different kit depending on the courses or activities you are taking part in. Kit requirements are listed on the course booking pages and you can request hire/loan of items when booking. If you need to borrow kit and haven't already told us on your booking form, email us ASAP [hello@climbout.org](mailto:hello@climbout.org). For a suggested climbing kit packing list, check out the "What To Pack" guide at the end of this document.

## I'm new to climbing and don't understand all the terms!

Entirely fair. Climbing lingo ranges from the practical to the downright absurd. To get you started with choosing your options for the event, see below. For a deep dive into everything Ape Index to Z-clipping, here's Wiki: [https://en.wikipedia.org/wiki/Glossary\\_of\\_climbing\\_terms#S](https://en.wikipedia.org/wiki/Glossary_of_climbing_terms#S)

**Bouldering:** Climbing on boulders and smaller rocks without rope, using crash pads/mats to protect landings. Suitable for all grade ranges, from beginner to experienced.

**Rope climbing:** Climbing taller cliffs or rock faces with the use of ropes and other safety equipment. This can be further divided into:

Top rope climbing: The climber is belayed from a fixed anchor above them and doesn't need to clip anything or place any gear as they climb.

Sport climbing: A style of lead climbing where the climber clips into fixed bolts already placed in the rock as they climb.

Trad climbing: A style of lead climbing where protection is placed into cracks in the rock by the lead climber as they ascend. The lead climber then secures themselves to the rock and brings their second climber up to them.

This can be top to bottom in one rope length - single pitch. Or breaking up a longer climb and stopping at various points, securing to the rock, climbing again and repeating until at the top - multi-pitch.

## Additional people

To ensure we meet our insurance requirements, only people registered for the festival will be able to access the site.





## Pets

We love pets but are unable to have them on the site for a variety of reasons. Fido, Charlie and co will need to sit this one out. Registered assistance dogs are, of course, welcome. Please let us know in advance if you are bringing an assistance dog so that we can do our best to accommodate them.

## Participation statement

Climbing, hill walking and mountaineering can provide life-long physical, social and mental health benefits through exercise and adventure in amazing environments. We recognise that these activities involve a risk of personal injury or death. Participants should be aware of and accept these risks and be responsible for their own actions and impacts on others.

All independent climbers should be experienced and capable of managing their personal risk. In the event of a problem, call the emergency services on 999 and ask for the police, then mountain rescue.

## Raising concerns while at ClimbOut

If you have any questions or concerns while at the event, please reach out to a member of the team who will be happy to help you. Instructors and team members will be visibly identified. All attendees are asked to adhere to our [Code of Conduct](#) when booking and ClimbOut has a zero tolerance policy towards all forms of discrimination.

## What to Pack

### Checklists

#### Camping Equipment

- 1-2 man tent (NB: learn how to pitch this before the trip)
- 3-season sleeping bag
- 3-season sleeping pad/mat
- Food for breakfast, lunch, evening meal and snacks
- Cooking and eating equipment
- Stove, fuel and something to light your stove with (e.g. lighter, matches, flint and steel)
- Cleaning up material (e.g. washing up liquid, scouring pad)
- Rucksack at least 30 litres big
- Water bottle/hydration pouch
- Head torch
- Repair kit for tent and sleeping mat



- Towel, personal toiletries and any medication
- Loo roll (Thornbridge will be stocked, but it never hurts to have a little backup)

## Climbing Equipment

- Harness
- Helmet
- Climbing shoes
- Belay device + HMS carabiner
- Climbing equipment/ rack (See Tips, Tricks, Advice etc. below)
- Climbing Rope: Minimum 50 Meters (See Tips, Tricks, Advice etc. below)
- Guidebook for the region (optional but useful) or look on UKC/ Rockfax ([UKC](#)).

## Clothing

- Waterproof jacket and trousers
- Warm hat (preferably one that can fit under your helmet)
- Warm gloves/mitts (if these are waterproof, you will be the envy of everyone around you!)
- Jacket (softshell, thick fleece or anything that's a bit windproof)
- Fleece top
- T-shirt or base layer (depending on how warm/cold it is)
- Trousers
- Thermal bottoms (if it's seriously cold)
- Warm layer (e.g. insulated jacket (down or synthetic), heavy fleece)
- Hiking boots or walking/approach shoes (NB: trainers may not be suitable as the approach to the crag can be rocky, muddy, or just really long)
- Socks (and spares)
- Clean clothes to wear in the evening
- Pyjamas/base layers to wear at night



## Tips, tricks and advice - Camping

- A head torch is more useful than a torch light – it is easier to pitch your tent in the dark if you have both hands free!
- Your rucksack really does need to be at least 30L big – even if you clip your helmet to the outside of your pack, 30L is the absolute minimum size needed to fit all of your personal climbing gear (harness, shoes) as well as a half rope and half a rack inside it, along with food, water, warm and wet weather clothing, first aid kit etc.
- When packing your rucksack(s), make sure that your head torch and waterproofs are easily accessible.
- Bring 2 or 3 spare tent pegs if you can.
- Ear plugs and eye shades/masks are a great help for a good night's sleep.
- Multitools can be useful.

## Tips, tricks and advice - Climbing equipment

- A climbing rack for sport climbing and Trad climbing is quite personal. If you are thinking of buying any equipment for the festival, see below for some articles on the basics of a good rack, or even better, visit a good climbing shop and speak to their staff for advice. PLEASE DO NOT buy anything from Amazon, eBay or second-hand.

[UKC Articles - Buying A Rack Of Trad Climbing Gear \(ukclimbing.com\)](https://www.ukclimbing.com)

[Getting started: sport climbing outdoors \(thebmc.co.uk\)](https://www.thebmc.co.uk)

[Belay and abseil devices for climbing \(thebmc.co.uk\)](https://www.thebmc.co.uk)

- You might already have a climbing rope for climbing indoors, however, you will often need a longer rope for climbing outdoors. For Trad climbing, some routes might need twin ropes. For more information on ropes, read below:

[UKC Articles - Everything You Wanted to Know About Ropes \(ukclimbing.com\)](https://www.ukclimbing.com)

- Climbing gear gets swapped around on climbing trips, so label your gear to make it easily identifiable as yours. The most popular way to do so is to buy a roll of electrical tape (cheap and readily available in a variety of colours and patterns) and wrap small sections of tape on, e.g. the spine of a carabiner, the sewn part of a sling, the inside of your helmet. Some people will pay a little extra to get customised tags with their name, email and mobile number on them, very snazzy.

## Tips, tricks and advice - Clothing

Please remember that what you wear is incredibly personal, and there is by no means a foolproof system that works for everyone. This is just some ideas if you aren't yet sure what works for you in the outdoors.



# CLIMBOUT

OUTDOOR CLIMBING X QUEER JOY!

- For climbing it is best if your clothes have some movement or stretch to them, won't get heavy if they get wet, and don't matter if they get ripped or damaged. Some walking clothes will work, but not all as some walking trousers might not give you the movement you need.
- Think Layers! The weather and how much heat you produce can change quite a lot over the course of the day. You might feel very warm when climbing but pretty cold when learning new skills on the ground, belaying, etc. Even on a sunny warm day it is important to bring spare layers, hats and gloves.
- Bottom half: Stretchy, softshell type trousers, climbing trousers or leggings all work well. Long johns underneath if it's really cold!
- Top: Ideally: Base layer; Microfleece pullover; Softshell jacket; Thin, synthetic insulated jacket or vest. Plus a big down jacket with a water-resistant outer shell to put on top of everything when cold.
- Waterproofs: Waterproof jacket and Waterproof over-trousers. You probably won't want to wear them when actually climbing as they might tear, but they are essential to have in your pack when adventuring, especially in Britain!

## What to avoid :

- Cotton or flannel t-shirts and trousers, tracksuit bottoms and sweat pants – these will become extremely heavy and lose their ability to keep you warm if they get wet. They also take a long time to dry, and nothing dries properly overnight when you're camping.
- Also, don't wear anything that you wouldn't want to see ripped, trashed, shredded or mud/dirt-splattered in any way.

