

CLIMBING • ESCALADA

Climber	escalador/-dora es-cah-lah-DOR/es-cah-lah-DOR-ah
Belayer	asegurador/-dora ah-say-goo-rah-DOR/-ah
Lead climber	primero/-a pree-MAIR-oh/-ah
Sport	(escalada) deportiva es-cah-LAH-dah day-por-TEE-vah
Traditional	(escalada) tradicional ... trah-dee-thee-oh-NAHL
Climbing wall	rocodromo row-co-DROH-moe

VERBS & COMMANDS DO YOU WANT TO ...? • ¿QUIERE...?

Belay	asegurar ah-say-goor-AR	Rappel	rapelear rah-pel-ay-AR
Boulder	escalar bloques ... BLOW-kays	Rest	descansar des-cahn-SAR
Climb	escalar es-cah-LAR	Tie	amarrar ah-mar-RAR
Give me slack	Dame cuerda DAH-may CWAIR-dah		
More tension	Más tenso mahs TEN-so		

GEAR • EQUIPO I HAVE PROTECTION • TENGO PROTECCIÓN

Anchor	anclaje ahn-CLAH-hay	Cord	cordel cof-DEL
Ascend	ascender ah-then-DAIR	Harness	arnés are-NAYS
ATC	ATC ah - tay - say	Knot	nudo NEW-doe
Bolts	chapas CHAH-pahs	Quick draw	cinta x-press THEEN-tah ...
Carabineer	mosquetón mos-kay-TONE	Rack	rack rahk
Chalk	tiza TEE-thah	Rope	cuerda CWAIR-dah
Chalk bag	bolsa de tiza BOWL-sah day ...	Webbing	cincha THEEN-chah

THE ROUTE • LA RUTA IS IT DIFFICULT / EASY? • ¿ES DIFÍCIL / FÁCIL?

Approach	aproximación ah-prox-ee-mah-thee-OWN
Boulders	bloques BLOW-kays
Crag	grieta / fisura gree-AY-tah / fee-SOO-rah
Pitch	largo LAR-go
Sloper	sloper SLOW-pair