

## CLIMBING • ESCALADA

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

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

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

### GEAR • EQUIPO I HAVE PROTECTION • TENGO PROTECCIÓN

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

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

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