

Specification that I use to climb a mast.

Rope. Low Stretch Kernmantle rope to EN 1891 (10.5-11mm)

Sit harness to EN 813.

Ascender, quad/foot loops, pulley.

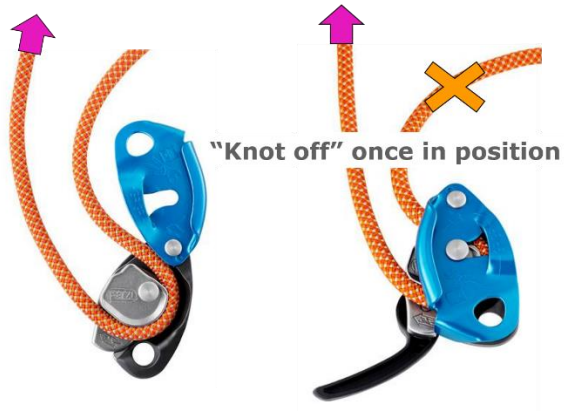
Connect Ascender



plus small **pulley**.

Descender (I use a Petzl GriGri as it is small, but there are better ones, see middle pic below).

GriGri, connected following manufacturers instructions.



Feed rope from GriGri exit, up through pulley attached to Ascender, then back to the hand.

