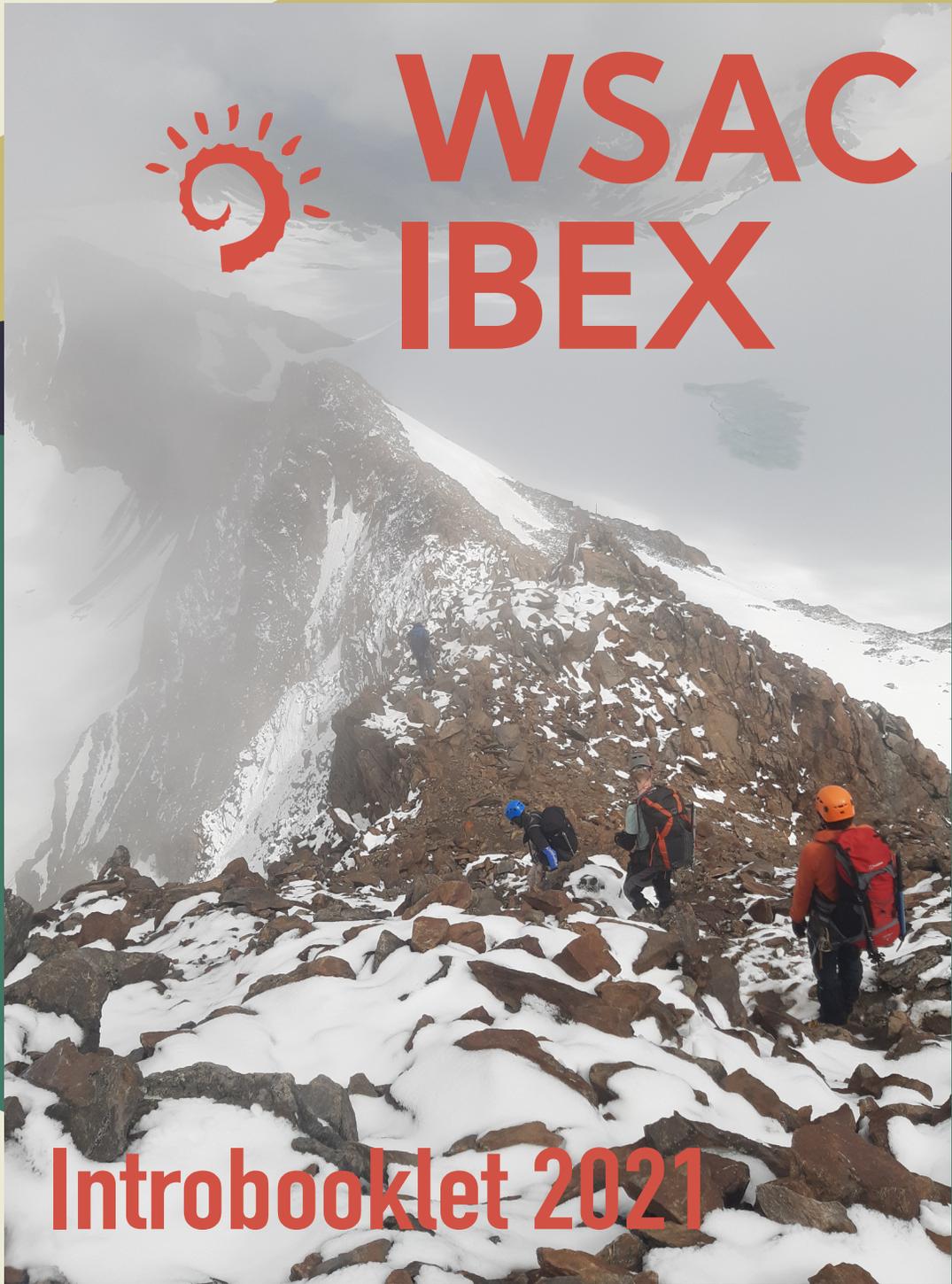




# WSAC IBEX



## Introbooklet 2021

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Indoor Toprope  
course

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Introduction activity  
calendar

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Climbing weekend  
packing list



# From the Introcie

Hello!

Are you not afraid of heights and adventurous? Do you feel at home in the forests, on the rocks or in the Alps? Then Ibex is the perfect choice for you! WSAC Ibex is a 'gezellige' and adventurous climbing association. We are very active in bouldering, sport climbing and alpinism, but there are also a lot of outdoor related activities that do not have a direct link with rock climbing, except for the fact that they are also very fun for the average outdoor enthusiast.

The big Ibex activities that can also be considered mini vacations are for example rock climbing weekends, the Ibex alpine week and langlauf weekends. Of course there are also a lot of evening activities like movie nights, barbecues and the Alpine café where some Ibexers give a presentation about their craziest mountain adventure. During the week a lot of Ibexers can also be found in the climbing gym at the Bongerd or the

climbing and bouldering gyms in Arnhem and Nijmegen. There are also a lot of different courses and technique trainings to level up your climbing game. All student alpine associations in the Netherlands are also connected together by the NSAC (Dutch Student Alpine Club). Together we can organize even bigger events like the national student lead and boulder competitions and they also organize all the courses for the summer and winterprogram. You definitely won't be bored in the vacations with courses for Alpinism, off piste skiing, canyoning, ice climbing and much more!

In this booklet, you will find everything you need to know about Ibex. It contains all you need to know about the introduction period, committees, courses and everything else that will be important in your career as a true Ibexer.

Greetings,

Introcie 2021

## 07

**Introduction course** – Find out exactly what you are going to learn and what is expected of you from each indoor top rope lesson. Your IT course will have an extra 5<sup>th</sup> lesson for extra practice.

## 09

**Weekly planner** – Who? What? Where? Everywhere! Find out which activities are planned for which week. (work in progress)

## 16

**All climbing courses** – Get to know which courses Ibex has to offer and roughly when they are given. Will you become an independent outdoor climber in one year?

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# BECOMING A MEMBER

Have you decided to join our association? Welcome! To become a member you have to do three things:

- You have to fill out an automatic payment collection form (these forms are present during the lessons).
- You have to fill in your information at the website: [wsacibex.com](http://wsacibex.com)
- You need to have an NKBV-IT climbing certificate or follow an indoor top rope course with Ibex

It is also mandatory by Sports Centre the Bongerd that every member of a Wageningen student sports club buys sport rights. This can be arranged at the Bongerd or at their website.

With your contribution tot he sport centre, the Bongerd will give us subsidies for several things like materials.

When you are a member, you don't have any obligations. It is up to you how often ou sport and which activities you wil join. However, when you sign up for a course, we expect you to be there.



# Our board is 'So high'

**Hi we are the board of Ibex:**

*So high*

We make sure Ibex keeps existing.

## **Chairman**

*Tom Weimar*

The big boss. Makes sure every member of the board does their job. He also keeps contact with the other Student Alpine clubs.

## **Secretary**

*Marrit Bosch*

The secretary is responsible for keeping the information from the members up to date. She also takes minutes during meetings. Besides that she is the contact person of our association.

## **Treasurer**

*Janne de Haan*

The treasurer keeps an eye on Ibex' finances. She sends you the bill after an activity and makes sure everyone pays.

## **Activities commissioner**

*Izzy Branscomb*

As activities commissioner she is chairman of 'the Akcie', the activity committee. Together with the Akcie she organizes all the activities besides climbing weekends. She also sends you the newsletter to keep you up to date.

## **Material and Education commissioner**

*Robin van der Slikke*

The material commissioner orders new materials and is taking care that everyone who borrows material hands it in like it was. The Education commissioner is responsible for Ibex' education program. He makes sure the courses are organized.



## **Weekend and Activities commissioner**

*Jesse Hopstaken*

The weekend commissioner is responsible for organizing the climbing weekends. Where to go? What to bring?

## **Contact us**

If you have any questions about whatever please send us an e-mail: [wsacibex@gmail.com](mailto:wsacibex@gmail.com). Put in the subject box what your question/remark is about so we know who needs to take care of it.

# Committees

Ibex is made possible by the board and several committees. Once you are a member, you can join a committee if you like.

## **Akcie**

The activities committee organizes everything which is not directly related to climbing such as barbecues, bivouac weekends, mountain bike trips and much more.

## **Bakcie**

Do you like to cook or bake delicious food? Members of the Bakcie bake provide nice snacks such as pies for during activities like the movie nights or are making a nice dish for a bbq for example. You can make it yourself or do a joined baking session.

## **Blescie**

This is the sweetest committee in Ibex. This committee sends a postcard to everyone that becomes injured during climbing.

## **Introcie**

The introduction committee provides several activities for potential new members. They make sure that Ibex is in the spotlights during the AID week.

## **Redakcie**

About every six months the editors make a new edition of Ibex' magazine Ibexpress, full of exciting stories and gossips. Even if you are not in this committee, you can still send in your Ibex adventures.

## **Webcie**

The Webcie keeps our beautiful Ibex website nice and up and running.

## **Kascie**

This committee monitors the cash

accounts! This committee consists of old treasures.

## **Klic**

The Klic or in English 'Climbing Wall Committee' ensures, that the Bongerd has enough fun climbing routes.

## **Lustrumcie**

The Lustrumcie or 'lustrum committee' is the committee that organizes the Lustrum celebrations. The 35th anniversary of Ibex will be celebrated in 2021, with big and very nice activities.

## **Optie**

The Optie or 'Opleidings- en trainingscommissie' (English: education and training committee) consists of instructors that organize climbing courses. The Optie is the official educational institute for future climbing instructors.

## **Promocie**

The promotion committee makes sure that nobody will forget the name of Ibex. One of the things they do is selling T-shirts.

## **Sponsorcie**

The Sponsorcie is the sponsorship committee which maintains contact with the advertisers, and looks for new sponsors.

Interested in joining one of the committees? Feel free to contact the board via [wsacibex@gmail.com](mailto:wsacibex@gmail.com)! Or visit the committee market (date will follow) in the form of a potluck dinner to get some more information about the committees.

# 5 pieces of climbing gear you will need

Safe climbing is not possible without some gear. It is not a sport without risks. That's why it is important to have the right gear. In this chapter you can find out what you need and what we from Ibex recommend you to purchase.



1

Harness

First of all you will need a harness. With your harness you connect yourself to the rope. It is important that your harness fits well for optimal safety and comfort. There are many different harness each with their own pro's and con's. You simply have to try several harnesses and find out which one fits the best. The Petzl Corax is a widely chosen first harness within Ibex.

2

Belaying device



A belay device is used to control the rope when belaying. It helps you to lock the rope with minimal effort to arrest a climber's fall. There are several types of belay devices. If you want to take your climbing game outdoors, the ATC-guide (left) is the best. If you want a semi-automatic belaying device then the Mammut Smart (right) is affordable and belays the most like a tuber when you lead belay.

3

Safebiner



Your belaying device needs to be attached to your harness using a carabiner. A safebiner is a type of carabiner with an extra locking mechanism, so that your carabiner will stay safe and closed. We recommend the Belaymaster from DMM (left), because the clip for extra protection also makes sure that the carabiner doesn't twist and turn on your harness. If you have the Mammut Smart you will need the Mammut Safebiner (right) for an optimal braking performance. Luckily this carabiner also has the nice clip.

4



Chalk bag

Well what can I say? It's a bag. It holds chalk for your sweaty hands. Though it's not strictly necessary for climbing. You will rarely see a climber without one. These little baggies can be found with a lot of different fun designs, so they are definitely the fashion statement when climbing equipment is concerned. Would you like a fun little bat, beautiful flowers or would you like to perfectly match your chalk bag with your climbing shoes? It's all possible.

5

Climbing shoes



Climbing shoes make climbing a LOT easier. Through its tight fit and special shape it helps you to get the best grip on a climbing wall or rock. Because of the rubber sole, friction is your best friend. Climbing shoes should fit tight but should not hurt. Try several pairs of shoes to find the best shoe for you. For your first pair of shoes I recommend a shoe with a flat sole like the one on the left and right. It is also nice to have a hard rubber, because then the shoes will last longer when you are rubbing your shoes against the wall with your imperfect technique. It is also possible to rent them at the climbing gym. But like ewww.

Discount evening

For those who don't have their own climbing gear yet, we will have a special evening where you can fit and buy climbing gear. Instructors from Ibex will be there to help you to find the best material. You will get a discount on everything you buy and it's already one of the cheapest websites to get your climbing gear from! More details about the event will be emailed to you later.



## Introduction course

Really nice that you have subscribed for the introduction course by Ibex! The article on the following pages will give you more information about the content of the course.

All new members of Ibex have to follow the introduction course. During four evenings or afternoons you will learn to safely climb indoors, the fourth lesson will consist of an exam (don't worry it will be the easiest exam of your academic career here in Wageningen). All lessons have to be

attended. Even for people who already have experience without their official certificate, it will be necessary to be at all the lessons. The level of knowledge you will get from the



course is a lot higher compared to a regular commercial IT course and it would be very sad if you fail the exam, because you miss some of the information. Besides that, these evenings are a really nice way to get to know other Ibex members.

The course will be coordinated by Maarten. If you have any questions, please get in contact! [wsacibex@gmail.com](mailto:wsacibex@gmail.com)  
In dire course related situations call: +31 6 19534221

# Introduction course

The introduction course will cost 15 euros which will be withdrawn from your account after the course. This includes the introduction course, the NKBV-license you will get after your exam and the contribution until December. Entrance for the climbing gym has to be paid separately (third and fourth lesson). There is a special Ibex discount at Arnhem, if you buy a 10 times ticket. Just ask for it at the gym and save some bucks.

## Lesson 1

*What:* During the first lesson the beginnings of safe climbing and belaying will be explained. There also will be a presentation about IBEX to learn a little bit more about the association and its members.

*What to take with you:* Take some sporty clothes, solid shoes and some warm clothing in case the weather is not so good. If you have it, you can of course take your climbing gear, but it is not yet necessary to have. Climbing material of Ibex can be borrowed for the first couple of months, so there is no need to spend a lot of money on climbing stuff without being sure on what to buy. See also the material on page 8.



## Lesson 2

*What:* We will continue on practicing safe climbing. There will also be some information on safety and materials. If you consider buying stuff, you can hear and ask here which things are handy to have and what is the best place to buy them.

This lesson you will have to pay, so please take the money with you!

*Where & when:* The second evening will be on Tuesday evening September 11th or on Thursday evening September 13th at the same time and place as the first one.

If you already have your climbing certificate, you have to pay €2,50 less. In that case, please let us know and take the card with you. Besides the stuff you had to take previous time, you will not need anything else.

## Lesson 3

*What:* By now you will be able to belay in a safe manner. This lesson will be used to refine your technique and learn about the finer details of climbing. Don't worry too much if things don't feel natural yet. You can use this lesson to make a lot of meters on the wall and get more confidence with belaying. This way you are ready for the great exam next week!

## Lesson 4

*What:* The final lesson. In this lesson there will be some time to warm-up. Not just to be ready for climbing, but you also may get some last minute tips, so that you will definitely succeed in your exam. During the exam you climb a couple of routes and answer a few questions about the theory you have learned. You immediately get to hear whether you have passed. Don't worry when you don't pass. The next week there will be a re-exam.

# After the introduction period

## Weekly climbing

Ibex has two climbing moments per week: Mondays and Thursdays. On Mondays we usually climb in the Bongerd and on Thursdays we go climbing in Arnhem. But that isn't set in stone, if you want to change it around or go climbing in Utrecht that is possible as long as you can find a climbing partner. You can always join someone if they put it on the website, even if you're new and don't know anyone! To save money and time we gather at the Olympiaplein and drive together to the climbing gym. To make it easy we have a smart system on our website.

You can subscribe on our website (subscribe -> weekly climbing) so we can see the number of people and the number of climbers. If there are enough cars you can get a ride. Subscription isn't obligatory, you are free to go by public transport if you want.

## Introduction Weekends

Even if you don't have your certificate yet, it is possible to join the introduction weekends! During these weekends we go to Ith in Germany to do some outdoor climbing. The real deal!

The costs for the weekends are set on € 65,- (or € 70,- including insurance). This includes camping, food and transport. If it turns out to be cheaper, everybody will get a part of the money back. Normally, we first calculate the costs of a climbing weekend and pay afterwards.

The climbing weekends will take place in the four weekends from September 11th to October 2nd

It is not obligatory to join an introduction weekend, but it is strongly recommended. It is a really nice experience to be climbing on real rock and it is always a lot of fun!

Your first chance to experience the Ibex-climbing weekends.

You have to subscribe for this weekends through the website [wsacibex.com](http://wsacibex.com) -> subscribe -> weekends. To do so, you need an account. If you don't have one or if you're having any trouble, contact the board. Very important: ICE means in case of emergency. It's the person you would like Ibex to contact when something goes wrong during the weekend. Don't worry, that never happens, but our instructors of a climbing weekend will have to know this. SO DON'T PUT YOUR OWN INFORMATION THERE. You're supposed to fill in the contact details of a family member or a good friend.

(We will leave on Friday evening and come back on Sunday evening)

For this weekend, it is needed to have a travel insurance! This can be arranged through the NKBV or for one time by Ibex. You can fill this out on the subscription form. Because climbing is considered as an extreme sport travel/health insurance will not cover the costs in case of an accident.

## Ingi's Training

Ingi is our trainer from the Bongerd. Every Tuesday she gives a strength and condition training, and when she isn't able to give the training members of the Ingicie will make sure that there will still be a training. We gather at the table tennis table outside the bongerd at 20:15. All Ibex members can join to get exhausted and have muscle ache the day after :). You do get a lot stronger though.

## Bouldering in Avalon

There is a small bouldering wall in Avalon in the south of Wageningen. Ibexers can climb there for only 9,95 euros per month.



# WEEKLY PLANNER

(Work in progress)



<i>week</i>	<i>mon</i>	<i>tue</i>	<i>wed</i>	<i>thu</i>	<i>fri</i>	<i>sat</i>	<i>sun</i>
<b>1</b> <i>06/09 - 12/09</i>	18:15-21:15: IT course 1 19:30-22:30: IT course 2	19:00: Ingi's training + drinks H41	18:15-21:15: IT course 3 19:30-22:30: IT course 4				
<b>2</b> <i>06/09 - 12/09</i>	18:15-20:15: IT course 1 20:30-22:30: IT course 2	19:00: Ingi's training + drinks H41	18:15-20:15: IT course 3 20:30-22:30: IT course 4			Introweekend	Introweekend
<b>3</b> <i>13/09 - 19/09</i>	18:15-20:15: IT course 1 20:30-22:30: IT course 2	19:00: Ingi's training + drinks H41	18:15-20:15: IT course 3 20:30-22:30: IT course 4	Climbing training?		Introweekend	Introweekend
<b>4</b> <i>20/09 - 26/09</i>	18:15-20:15: IT course 1 20:30-22:30: IT course 2	19:00: Ingi's training + drinks H41	18:15-20:15: IT course 3 20:30-22:30: IT course 4			Introweekend	Introweekend
<b>5</b> <i>27/09 - 03/10</i> <i>Klimwink discount</i>	18:15-21:15: IT exam 1 20:30-22:30: IT exam 2	19:00: Ingi's training + drinks H41	18:15-20:15: IT exam 3 20:30-22:30: IT exam 4			Introweekend	Introweekend
<b>6</b> <i>04/10 - 10/10</i>	IT resit exam?	19:00: Ingi's training + drinks H41	IT resit exam? Intro BBQ			Indoor weekend	Indoor weekend
<b>7</b> <i>11/10 - 17/10</i>		19:00: Ingi's training	Committee market				



**WSAC Ibex is one of the thirteen associations (SACs) who are connected to the overarching Dutch student alpine club NSAC. This creates many opportunities. The NSAC organises so called interSACcial activities where you can get to know the members and climbers of other cities. They are also the ones who are offering the most amazing courses in the Alps: the NSAC summer and winter program.**

**Dies**

Associations, just like humans, annually age. To celebrate their birthday each SAC organises a (I must say great) party, usually preceded by an activity and/or a dinner. It's a very nice way to get to know your fellow Ibexers and other SACcers in a different way than always hanging somewhere high on a wall. Usually you can also get a place to sleep so you don't have to rush to the last train or bus. Keep an eye on the Ibex Facebook Page, the weekly Newsflash or the site of the NSAC to make sure you save the dates.

**NSK Lead**

Feeling like testing your climbing skills to those of the other student climbers of the Netherlands? A fierce battle is fought every year for the title of Dutch student sport



climbing champion. There is both a women's and a men's competition. The organization is alternately taken care of by another SAC, which gives this fantastic event a different character each time.

**NSK Boulder**

Also bouldering students get the chance to measure their strengths with each other. More than 100 students take part in the NSKB.



There is both a women's and a men's competition. The NSK Boulder is always organized by a different SAC. The NSKB is open to everyone, regardless of the climbing level. Besides the competition itself there are all kinds of side events and it ends with a spectacular final and a party. Although most of the participants come from a SAC, the NSKB is open to all student athletes.

**The Battle Of The SACs (BOTS)**

Mountaineers somehow love the extreme and that aspect of yourself can be explored with this amazing yearly event.

The Battle Of The SACs is an 21 hours non-stop adventure race organised by the winning team of the previous each year in or around November somewhere in the Netherlands. While you are mountain biking, running or kayaking you have to navigate your way to multiple checkpoints with the help of coordinates and maps. The atmosphere is great, chaotic and you will see a lot of nature in the Netherlands at times you will never see it again. Guaranteed is that afterwards you will experience the best sleep you have ever had. We will keep you informed about when the subscription will start. Be fast, cause it is a very popular event!

**Enschede – Ith and Utrecht – Freyr**

Many climbers are also very keen on cycling That is why ESAC and the USAC yearly organise long cycling trips to climbing areas.

**Winter program**

Each year the NSAC organizes the Winter program, consisting of several courses varying in level from beginners to advanced and from ice climbing to touring skiing and freeriding. The touring ski and freeride courses are aimed at those who are already able to ski or board and have the ambition to go off piste independently at the level of the course taken, and maybe even eventually lead tours independently. The ice climbing courses are aimed at those who already alpine in summer, but now also want to make the step to winter alpinism. Whether you are a



skier, snowboarder, ice climber or other winter alpinist, prefer touring or freeriding, there is a perfect course for you! Furthermore there will be a beautiful chalet in the Alps from where all the courses will be offered. You can also drop by for a few days or the whole week if you aren't taking place in a course and find the way to the piste on your own.

**Summer program**

Each year during summer break, the NSAC summer program offers Alpine courses at several levels for beginners and advanced members with the ultimate goal of being able to make alpine tours independently. These alpine climbing courses are aimed at those who have the ambition, at the level of the course in question, to make alpine climbing tours independently and perhaps eventually even to lead them.





# Activities

## Climbing weekend

### Packing list

The Akcie organizes a lot of activities during the year! Here are some examples which might be nice to get to know people within Ibex. We hope to see you soon on one of them!

- 5 sept: game day*
- Camera
  - Proof of NKBV insurance (we arrange insurance for those who don't have this)
  - Drivers license
  - Your climbing gear

It is important to be prepared when you go climbing, especially outside. Of course you will take a lot of climbing material, because otherwise you can't practise one of the nicest activities in the rocks! But it is at least as important to think about good camping material as well.

Everything should fit in the car, of course, but you don't want to feel cold for two long days (which happens to a lot of people during the introduction weekends). That is why we wrote a checklist with stuff that is important to take during for a climbing weekend.

*Climbing training?*

Hello my friends. The most awesome person and best climber of Ibex is willing to give you guys a little start in the technique training to help you WOW all the instructors during the exam. Just kidding the person who made this booklet is also the person giving the training. But I mean self-love is important right? The idea needs some developing, so details will follow later.

*Training + drinks*

Every Tuesday in the intro period we will have a at H41 after Ingi's strength training. You are welcome to join us in the coziest pub of Wageningen at 21:30.

- In your bag*
- Rain gear
  - Some additional warm clothing
  - Toiletries (tooth brush, spare glasses, etc.)
  - Sleeping bag with a minimum temperature of at least 0 degrees
  - Sleeping mat (no air mattress!)
  - Torch/headlight
  - Water bottle (at least 1.5L)
  - A plate, cup and some cutlery
  - Proof of health insurance
  - Passport
  - Mobile phone
  - Small backpack for during the day
  - Sunglasses
  - Swimming gear & towel (if the weather is nasty we might decide to visit the local sauna/swimming pool)

- To wear*
- Comfortable pants (can get dirty)
  - T-shirt
  - Warm sweater
  - Sport/hiking shoes
  - Jacket

*Speeddate climbing*

By now you can safely climb, but it takes two to climb. So during the speeddate climbing in Arnhem you climb together with other new climber to find your ideal climbing partner and start your first belay relationship. Be sure to come in time since we will switch at certain timeslots.

*Intro BBQ*

On the 30th of September is our yearly introduction BBQ, where you can have dinner with your new climbing friends and meet the older generation. You can subscribe via a link in the next newsflash. Lots of food will be provided, also for vegetarians! Even if the weather is bad (rain, snow or even a tornado), the BBQ will carry on. We are an outdoor association after all, and a little rain does not scare us away. Don't forget to bring your own plate and cutlery with you!

- Additional items*
- Camera
  - Proof of NKBV insurance (we arrange insurance for those who don't have this)
  - Drivers license
  - Your climbing gear

From **Indoor Toprope** to **Outdoor Multipitch**

# All Climbing Courses

*That Ibex has to offer to help you in your climbing career. Keep track of your email to know exactly when the next course starts.*

*want, you can rent them at the climbing gym in Arnhem.*

## Indoor Top rope (Starters course)

### Audience

Everybody who has no or little climbing experience and wants to become a member of Ibex.

### Required start level

Be motivated



### Content

During this course you'll learn how to climb indoor safely and responsibly. You'll learn the basics of climbing and belaying. The course consists of 4 climbing evenings with instructions and an exam.

### Time

At the beginning of September (start of the school year) we organize a big introduction period. This period consists of the course mentioned above, and the opportunity to join a weekend in the real rocks. Besides that, another indoor top rope course starts the third period (in January).

### Materials

For this course you need a harness, belaying device and a carabiner. During the course you can borrow these of Ibex. Climbing shoes are recommended, but not compulsory. If you

## Indoor Leadclimbing

### Audience

This course is for members who want to follow the route to independent climber and for people who want to join competitions.

### Required start level

Indoor top rope and enough climbing experience.

### Content

During this course you'll learn how to lead climb safely and responsibly. This is the first step to climb independently outside. You'll learn how to clip quickdraws, the meaning of 'voetfout', how to belay a lead climber, handle the danger and fears of lead climbing and what to do when you make a lead climbing fall. The course consists of 4 climbing evenings with instructions and a climbing evening with the exam.



### Time

This course is given each year in the third period, immediately after the Christmas holidays.

### Materials

For indoor lead climbing

you need a harness, belay device, carabiner and climbing shoes. Ibex takes care of lead climbing ropes and quickdraws.

## Outdoor lead climbing

### Audience

This course is for members who want to become an independent outdoor climber in climbing areas that are well bolted

### Required start level

Indoor lead climbing or some provable experience of the same level

### Content

You'll learn a lot of rope techniques like how to make an anchor, convert a lead climbing route to top rope, abseiling and some things about different kinds of rocks and bolts. This course consists of 3 interactive evenings during which you'll learn the theory and techniques. After that you'll join some climbing weekends abroad to practice the theory. This course will be finished with an exam during a climbing weekend.

### Time

This course starts in the fifth period.

### Material

For this course you need a harness, belay device, carabiner, climbing shoes, a lifeline and a prussic of 1m. Ibex takes care of schlinges, quick-draws, helmets, rope and carabiners. However, it's recommended to buy your own climbing materials like quick-draws, carabiners and schlinges as much as



possible.

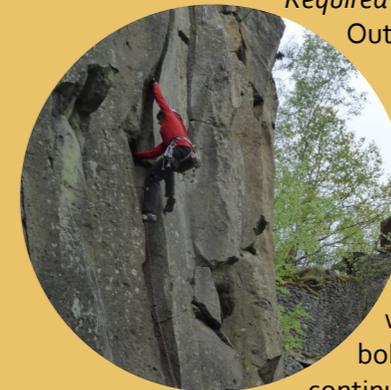
## TRAD Course

### Audience

This course is for members who want to climb in areas without or with very little bolts.

### Required start level

Outdoor lead climbing



### Content

During the adventure lead climbing course you'll learn how to climb in a area without many bolts. It is the continuation of outdoor

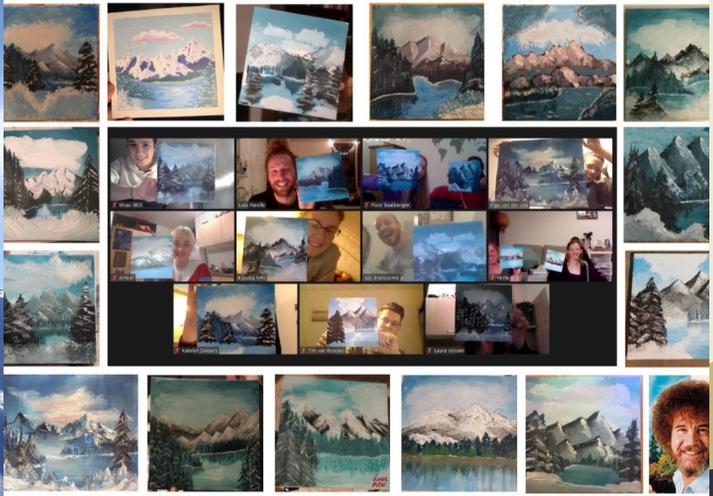
leadclimbing. You learn to handle mobile anchors (camelots, nuts, hexentrics), several rescue and rope techniques, and how to solve difficult rescue cases. The course consists of theory nights and practice nights, six in total. In the weekends we will go abroad, so you can put everything you've learned into practice. You finish the course with an exam.

### Time

**SURPRISE!!!**

### Materials

For this course you need at least a harness, belay device, carabiner, climbing shoes and a prussic of 120 cm., 3m and 5m. Ibex takes care of schlinges, quick-draws, helmets, rope, nuts, cams and carabiners. However, it is recommended to buy as much as possible for your own.



WSAC IBEX