

Extended Rappel, with Autoblock

Watch <http://bit.ly/extendedRappel>



Step 1: To safely secure yourself to the anchor while you set up the rappel, clip a locking carabiner from the end of the Personal Anchor System (PAS) to the rappel anchor, avoiding twists in the PAS. Lock the carabiner's gate. (Then untie from the climbing rope, if you were tied in.)



Step 2: Clip your pear-shaped carabiner (along with your rappel device) so that it is clipped through the 2nd and 3rd loops of the PAS-22, as shown in the picture, with the device facing away from you and the teeth downward.



Step 3: Push a bight of each strand of the rappel rope through the slots in the belay device. The strands going down to the braking hand must run through the side of the belay device with "teeth". Then clip both loops of the rope with the pear-shaped carabiner and lock it.



Step 4: Clip your hero loop into a third locking carabiner on your belay loop. Adjust the hero loop so that the knot is near the carabiner. Take both strands of rappel rope below the belay device and wrap the hero loop around both strands of the rope three or more times, creating an "autoblock" (see FotH fig 3-25, p. 163). Clip the end of the hero loop back into the locking carabiner and lock it.

Note: This will leave the autoblock positioned in a central and secure location well below the rappel device.