



## Top Rope Rock Climbing Patch Program

Challenge yourself, reach new heights, and discover the thrill of climbing in the Top Rope Rock Climbing Patch Program! Designed for Girl Scouts of all experience levels, this program introduces climbers to the fundamentals of top rope climbing in a safe, supportive environment.

Girls will learn essential climbing skills including knot tying, harness use, belaying, and climbing techniques that build strength, confidence, and trust. Through hands-on practice and teamwork, participants develop problem-solving skills, resilience, and a strong sense of accomplishment.

To earn the patch, girls must complete a series of skill-based requirements that increase with experience and age level.

Whether you're scaling your first wall or working toward more advanced climbs, this patch program encourages girls to push past their comfort zones, support one another, and have fun while climbing to new heights—both on the wall and in life!



## Steps to earn your Top Rope Rock Climbing Patch Center:

1. Describe and wear appropriate clothing and footwear for rock climbing.
2. Show how to thread the rope back through the figure 8 knot to make a double figure 8 knot; OR demonstrate correct carabiner use to attach a climber to the rope.
3. Describe or identify each of the following vocabulary words:
  - Harness
  - Carabiner
  - Top rope
  - Jug
  - Rappel
  - Belay/Belayer
  - Climber
4. Explain the safety precautions we take while using a rock climbing wall.
5. Learn and use the correct verbal signals while climbing.
6. Climb to the top of a beginner route and correctly rappel back down (it's okay to fall or rest!—just keep trying!)

# Top Rope Rock Climbing Patch Program



Once you master the basics and earn your patch center, you can level up by earning colored bells for achieving progressively harder climbs. The bells show how hard you've worked to master the art of rock climbing! Don't expect to be able to earn them all at once!



## Yellow Bell

Climb to the top (at least 18 feet) of an easy beginner route (rated 5.2-5.5) without resting in your harness or falling.

Accomplished on: \_\_\_\_\_ Witnessed + Celebrated by: \_\_\_\_\_



## White Bell

Climb to the top (at least 18 feet) of an advanced beginner route (rated 5.6-5.9) without resting in your harness or falling.

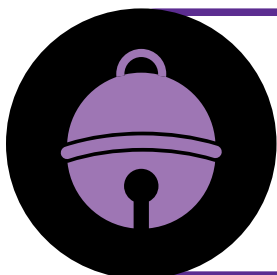
Accomplished on: \_\_\_\_\_ Witnessed + Celebrated by: \_\_\_\_\_



## Red Bell

Climb to the top (at least 18 feet) of an intermediate route (rated 5.10-5.11) without resting in your harness or falling.

Accomplished on: \_\_\_\_\_ Witnessed + Celebrated by: \_\_\_\_\_



## Purple Bell

Climb to the top (at least 18 feet) of an advanced route (rated 5.11-5.13) without resting in your harness or falling.

Accomplished on: \_\_\_\_\_ Witnessed + Celebrated by: \_\_\_\_\_

Purchase your patch by visiting one of our retail stores or shop online at [shopgsewni.com](http://shopgsewni.com)