



## I WILL...

1

... keep in mind the need to protect the mountain environment.

2

... aspire to leave no trace on the rock face or mountain side when I climb. On bolted climbs I will respect the rock and minimize my impact, adhering to local agreements, ethics and values.

3

... always carry out what I bring in.

4

... respect the culture and way of life of the residents of the mountains and valleys I visit.

5

... act responsibly within the culture of the society and the laws of the countries I visit.

6

... climb cleanly, embrace fair play and abide by any and all anti-doping rules that relate to me and to my sport.

7

... help others in need wherever practical, even if it means not reaching a summit or achieving my personal goals.

8

... use certified climbing equipment and climb within my technical abilities.

9

... respect other climbers I meet on the mountain, share my technical climbing knowledge, and regard their point of view.

10

... climb with consideration for other climbers.