

PETZL PANTIN FOOT ASCENDER.

Chris Curtis.

The Petzl Pantin Foot Ascender (Photos 1-3).

So you are thinking of buying a foot ascender. These can make your ascending technique more efficient if used properly and give more flexibility when ascending long and/or difficult pitches.

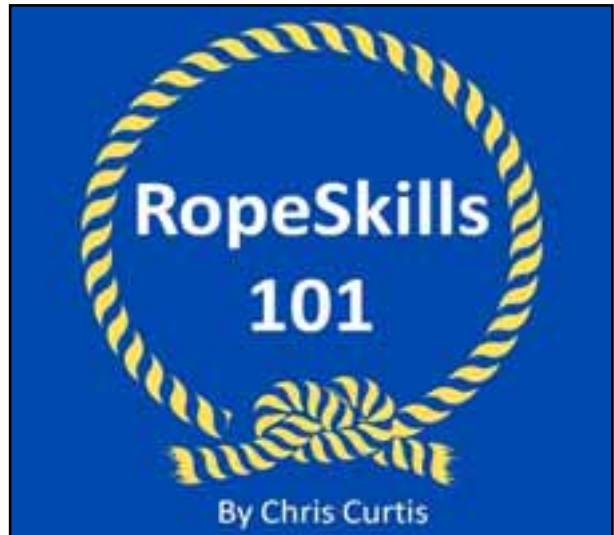
Advantages:

- Allows you to ropewalk. Often used in conjunction with a knee ascender and chest roller.
- Allows you to ascender with your left leg or right leg individually depending on the terrain (use only the foot loop or the foot ascender).
- Pulls the rope tight under your chest ascender allowing for an easier start at the lower end of a pitch.
- Can be released from the rope hands free.

Disadvantages:

- Makes passing rebelayes and redirects more difficult as there are more steps involved. For short pitches of less than around ten meters it is usually preferred to not use one.
- You cannot use a single foot ascender on either foot.
- Not for life support.

Cost:	From \$75
Weight:	85 g
Rope compatibility:	8 to 13mm diameter
Other brands:	Climbing Technology, Singing Rock, ISC Stryder.



Choosing a left or right foot ascender

There is no right or wrong when it comes to choosing which side of foot ascender to buy, but you need to decide what foot it is going to be used on. You can't put a left foot ascender on your right foot and vice versa.

The best way that I can recommend is to ascend a pitch with only your right foot in the foot loop.

Then do the same pitch again with the left foot in the foot loop. One leg will feel more natural/co-ordinated than the other. If the right leg feels more natural in the foot loop, then you would buy a left foot ascender.

For me when I tried this, my left foot would always want to fall out of the foot loop during the reset of the hand ascender phase.



Photo 1: The Petzl Pantin Foot Ascender. **Photo:** *Chris Curtis.*



Photo 2: The Petzl Pantin Foot Ascender. **Photo:** *Chris Curtis.*



Photo 3: The Petzl Pantin Foot Ascender attached to a boot. **Photo:** *Chris Curtis.*

**As always, come to a training day and try before you buy.
It is a great piece of kit that can really make ascending much easier and enjoyable.**

JSSS