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Cowstail+Climbing aiders

Cowstail

A self-belay lanyard consisting of two lines (long and short) with carabiners attached at the tips.

Used for self-belaying when passing intermediate anchor points and when using hand ascenders.

Product equivalents include PETZL's Spelegyca and Progress.



Always use anti-rotation rubber (captive bar) in conjunction!

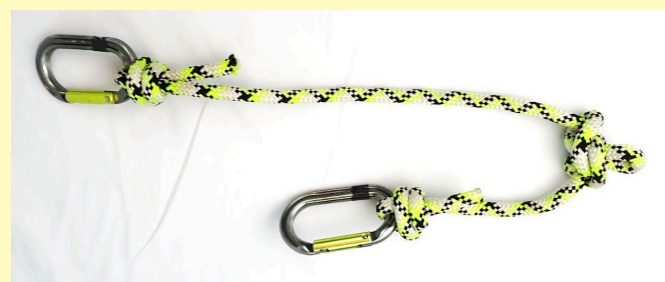
Always use a captive bar (anti-rotation rubber) to prevent the carabiner at the tip from rotating. (Not necessary for barrel knots) If a captive bar is not used and the cow's tail is free to move within the carabiner, there is a danger that if the tip of the cow's tail catches on the gate section when unweighted, the cow's tail may push the carabiner gate open and detach when re-tensioned.



Can also be self-made

Can be self-made using dynamic rope with a diameter of 9mm or more.

The terminal end should be tied with either a double figure-eight knot, barrel knot, or overhand knot, and the intermediate point should be tied with either a double figure-eight knot or alpine butterfly knot.



Climbing Aiders

Foot Loop (Etriers)

Connected to hand ascenders for pushing up with feet. The end forms a loop for inserting feet, with adjustable length.



Etrier

An etrier typically has 4 to 5 steps and is available in webbing material or metal plate material. Webbing material has excellent packability but is less comfortable when standing in it. Metal plate material is bulky but suitable for extended standing work.

In rope access, it is conveniently used during bolt traverses.

