



Chalking Up Guide

Less Chalk. More Grip. Send With Confidence.

Step 1

Know Your Skin

Two Simple Questions

It just takes the answers to two simple questions to understand your climbing skin:

1. **How sweaty is my skin?** Check your palms. Do they get all sweaty or are you one of the lucky few climbers who don't seem to break a sweat?
2. **How oily is my skin?** Check before you climb. Are your fingertips smooth/soft or hard/dry? Oiliness is different for every climber.

4 Skin Types

Dry + Non-Sweaty. Congrats. You won the climbing lottery! You can probably get away with barely using any chalk at all. Dry skin may cause dry fire & slower skin recovery after climbing.

Oily + Non-Sweaty. This is a pretty good skin type. You don't need a lot of chalk but using a little will help you. Especially liquid chalk at the beginning of your session to get rid of the oil on your skin.

Dry + Sweaty. You will want a "full spectrum" skincare routine. You need chalk while you climb but can't neglect taking care of your skin after climbing.

Oily + Sweaty. You need to develop a good chalk routine while you climb but are blessed with skin that needs little care after the climb.

About The Author

Francis Dierick - climbing skin nerd

I've been climbing for over 30 years & started CHALK REBELS to offer smarter ways to deal with sweaty hands to climbers. I spent 2 years obsessing over the science of friction while creating the CHALK REBELS product line.

2 Climbing Friction Myths

There are two myths in the climbing world I want to dispel right away:

- **More chalk means better grip.** Nope. An ultra-thin layer of chalk actually works best.
- **Dry skin is strong skin.** Wrong again. Supple & well-hydrated skin actually lasts longer.

	NON-SWEATY	SWEATY
OILY		
DRY		



Know Yourself

γνώθι σεαυτόν - know thyself - greek proverb

Every climber's skin is different. Learn how your skin works. Build your own chalking up routine. It will help you send with maximum grip and confidence.

Oily Skin is a disadvantage while climbing but can easily be managed with liquid chalk.

Dry Skin is prone to "dry fire" during climbing and requires more maintenance after climbing.

Non-Sweaty Skin is a blessing. You can use far less chalk than most or maybe even use no chalk at all.

Sweaty Skin is a curse. You'll need to apply every trick in the book to keep your skin dry while climbing.

Step 2

Build Your Routine

Now you know your skin type it's time to build a chalk routine that works for you.



Sweaty + Oily

Use an anti-perspirant before you start, liquid chalk as a base layer & top up with a fine layer of ultra-absorbent chalk powder.

Sweaty + Dry

Use an anti-perspirant before you start. You probably need less liquid chalk as a base layer. Top up with regular chalk.

Non-Sweaty + Oily

No need for an anti-perspirant. Don't skip on the liquid chalk. You can probably use less chalk powder than you think.

Non-Sweaty + Dry

Moderate your chalk use. You barely need any & you're most likely chalking up out of habit. Consider yourself lucky!



Tips For Sweaty Skin

- **Use an anti-perspirant** about 20 minutes before you start to climb.
- **Use high-absorption liquid chalk** as a base layer. You really need all the help you can get!
- **Choose high-absorption powdery chalk.** A thin layer of fine chalk offers maximum absorption.
- **Wipe your hands** on your pants in-between attempts to cut down on your chalk use.

Tips For Oily Skin

- **Wash your hands** before climbing. Don't start your climbing session with dirty greasy skin!
- **Use liquid chalk** as a base layer. The alcohol helps to remove the excess oils from your skin.
- **Rehydrate** your skin mid-session if you have dry/glassy skin & suddenly start to pop off holds (dry fire).
- **Oily skin can be good**, but only after the session. Oily skin tends to repair faster. Dry skin needs more care.

Step 3

Send With Confidence

Create your own chalk routine to get a boost in grip & confidence



Chalk & Confidence

No one cares more about friction than climbers. Good friction gives you **the confidence to stick the move**. To send the problem. To finish the rep.

Bad friction sucks. It makes your moves awkward. It makes you doubt. Why am I doing this again? So no wonder we dip into our chalk bag for some **white courage**.

Choosing high-quality chalk gives you **peace of mind** so you can stop worrying about grip & focus on the moves instead.

But chalk is not just about performance. It's also about how it feels. **Chalk that feels great** helps you focus. It gives confidence.

Develop a routine that fits your skin type & feels good. You'll have to experiment a little. Focus first on getting good grip. Adapt your chalk to your skin type.

But don't forget to develop a routine that **feels natural** to you. Don't like liquid chalk? Use high-performance chalk powder instead! Using the type of chalk you prefer (liquid, chunky, smooth or ball) will level up your mental strength.

Now go & create your own chalk routine!

Less chalk. More Grip. Send with Confidence.

Dry Fire

Do you sometimes “pop off” holds on sudden dynamic moves? That's **dry fire**. Most often caused by skin that is too dry, hard, cold. Sometimes looks “glassy”.

Dry Fire Solution

Rehydrate your skin in the middle of your session. The simplest way is to just wash your hands. Think of it as a “skin reset”. Some even use a moisturiser.



Chalk Ethics

- **Don't over-chalk.** You need less than you think.
- **Brush your holds.** The next climber will thank you
- **Don't apply chalk to holds.** Chalk belongs on your skin, not the holds!
- **Use liquid chalk.** A base layer of liquid chalk will help you cut down on your chalk use.
- **Choose good chalk.** It feels better and you need less of it.

Tips & Tricks

Secret Knowledge

Pharmacy

If you can't find an anti-perspirant that is made for climbing ask your local pharmacy. Hyper-hidrosis is the word to use.

Use Before Climbing

Anti-perspirant creams work by blocking sweat production but don't work instantly. Wait 20 minutes before climbing.



Anti-Perspirant

- **Few climbers know** that anti-perspirant creams from the pharmacy can be used before climbing. Worth trying for super sweaty skin!
- **It's not like liquid chalk.** It works by blocking the pores of your skin and needs to be applied well in advance of your climbing session.
- **It's not for everyone.** This is a highly-specific tool for those who suffer from extremely sweaty hands. For most climbers regular chalk will work.

Against Sweat

Liquid chalk works best against sweaty skin because it makes it easier to apply correctly: a thin layer of chalk.



Liquid Chalk

- **Use liquid chalk as a base layer.** It cares of two problems at once: it removes the oil from your skin & applies a base layer of chalk that lasts.
- **Great for bouldering.** Liquid chalk is easy to apply in-between attempts and should last for a whole boulder.
- **Avoid liquid chalk with rosin.** Some brands add rosin ("pof") to their liquid chalk but this damages holds both outside and indoors.

Base Layer

Liquid chalk works best as a base layer. It saves you from chalking up for at least a dozen of moves & helps you save on chalk.

Smooth Chalk

A thin layer of powdery "smooth" performs best. Many climbers can't get used to the feeling though & stick to chunky chalk.

Chunky Chalk

While "chunky" chalk performs a little worse than powdery chalk many climbers prefer it because it's a bit easier to apply.



Chalk Powder

- **Most chalk is the same.** The only difference between brands is how it feels & how it's packaged: chunky or smooth and in bags, blocks or balls.
- **Choose seawater-based chalk.** Chalk is typically extracted through mining but a cleaner seawater-based production process exists.
- **Choose chalk with Upsalite®.** It's the only source of chalk with significantly higher absorption. It will help you to build a minimalist routine for top grip.

Chalk Rebels

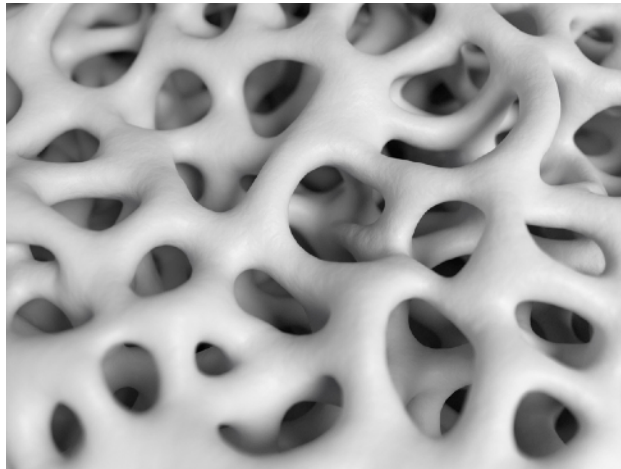
Our Commitment

Seawater-Based Chalk

Most chalk comes from highly polluting mining operations in China. Ours is synthesized from seawater. Cleaner. Better.

Upsalite®-Based Chalk

Upsalite® is a form of magnesium carbonate that looks like a sponge under a microscope. Up to 10x absorption!



Upsalite®-Based Chalk

Manufacturing

- **Upsalite®.** We only use Upsalite®-based chalk for performance that is backed by science, not bullshit.
- **Seawater-Based.** We only use Seawater®-based chalk. Say not to mining, yes to friction! Better for the environment. Better for your hands.
- **Made in EU.** We produce in GMP-certified labs in Europe & prefer locally sourced ingredients. e.g. the lavender we use in our balm comes from

1% For The Planet

We're a member of 1% For The Planet. This means 1% of our annual revenue is contributed to environmental causes.

One Tree Planted

Anti-perspirant creams work by blocking sweat production but don't work instantly. Wait 20 minutes before climbing.

Environment

- **1% For The Planet.** We are a proud member of 1% For The Planet together with companies like Patagonia and Clean Kanteen.
- **One Tree Planted.** We plant one tree for every product sold.
- **Less chalk. More Grip.** We make the best possible chalk products to give you the best possible grip so you will need less of it. Less Chalk. More Grip.



Seawater-Based Chalk

About Chalk Rebels

Want to learn how to chalk up, take care of your skin & send with confidence? Check us out on Instagram & the web!

www.chalkrebels.com

IG: @chalk_rebels





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