

## WORST-CASE SCENARIO®

# HOW TO CLIMB OUT OF A WELL

## WITH A NARROW OPENING

Use the “chimney climbing” technique if the opening is narrow enough to keep your back against one wall and your feet against the opposite side, holding yourself off the ground.

- 1 Place your back against one wall and your hands and feet against the other wall.**  
Your body will be in an “L” shape, with your back straight and your legs sticking out—the soles of your feet pressing against the opposite wall. If the well is not completely vertical but is tilted in one direction, place your back on the lower wall.
- 2 Use even, steady pressure from your thighs to maintain traction on the feet and friction on your back, and to hold yourself off the ground.**
- 3 Place the palms of your hands against the wall behind you, below your buttocks.**
- 4 Take your right foot off the opposite wall and place it under your backside.**  
Bend your leg under you so that your left foot is on one wall and your right is on the other.



**To climb out of a well  
with a narrow opening:**

*Place your back against one  
wall and your hands and feet  
against the other.*



*Using even pressure to  
maintain traction, place your  
hands below your rear.*



*Take one foot off the wall and  
place it under your rear.*



*Push up with your hands.  
Repeat step 1 through 4.*

**5** While pressing your back away from the wall with your hands, push up with your hands and your feet. Move only about 6 to 10 inches.

**6** Place your back on the wall again and move your right foot back onto the opposite wall, now a bit higher than your left foot.  
Rest.

**7** Repeat the procedure, beginning with your left foot. Alternate feet, slowly working your way to the lip of the well.

**8** When you approach the lip of the well, reach up with your hand overhead and perform a “mantle move.”  
Pull yourself halfway up from a chin-up hang position, then roll (shift) your weight onto your forearms as they clear the lip of the well. Shift your body weight to your hands, and press up. Use your feet against the wall to assist in pulling yourself up out of the well.

## WITH A WIDE OPENING

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Use the “spread eagle” or “stemming” technique for an opening that is too wide to use the chimney climbing technique but narrow enough that you can touch opposite walls with your hands.

**1** Place your right hand and right foot on one wall and your left hand and left foot on the opposite wall.

Your hands should be lower than your shoulders, and your fingers should point down.

**2** Keep the pressure on your feet by assuming a somewhat scissored leg stance, with your body facing slightly to your right.

**3** Brace yourself by pushing out with your hands.

**4** Move one foot quickly up a few inches, followed quickly by the other.

**5** Continue until you reach the top, where you will have to grab something sturdy and swing up over the edge.

If nothing is available to grab onto, keep going until your upper body is out of the well, then flop over forward and use leverage to climb out.