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RETT**



**WIDEBOYZ**

**CRACK CLIMBING**  
skin care guide



# About this guide

**Crack climbing is a whole lot of fun and this guide will help you get the most out of your skin using the right tools and methods.**

The skin care experts at KletterRetter teamed up with the crack climbing experts the Wide Boyz, to write this guide, showing you how to tape, manage, and repair your hands so you can master the cracks and keep crushing!

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# 1. Before you jam

**A quick check before you jam your hand into a crack can make a big difference!**

## **1. Hands clean and dry**

If your hands are greasy, wash them. Dry them properly. No lotion, no cream, no balm before climbing.

## **2. Nails and edges**

If your nails are long, trim them short and file the edges. Rough nails tear tape and skin fast.

## **3. Tape before it's too late**

Always tape before you start climbing. Don't damage your skin first and then decide to tape when it's already too late.

## **4. Tape test**

When you have finished taping, make a fist, open your hand and rotate your wrist. If anything pinches, goes numb, or feels loose, fix it now.

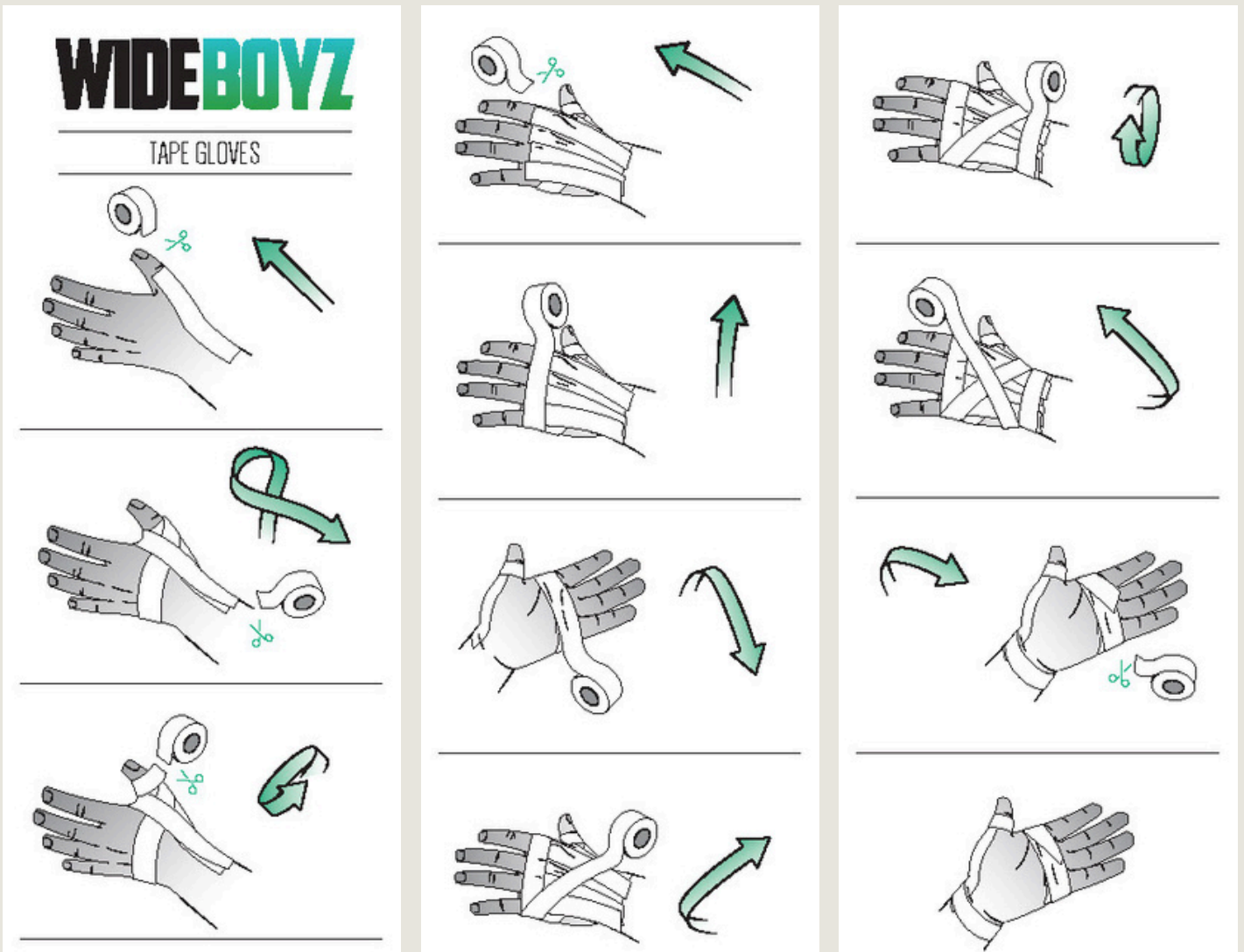
## **5. Warm up jam-specific**

Do a few easy jams, low intensity. If you feel heat on a spot, stop and reinforce with tape before trying again.

## **6. Kit check**

Check that you have enough tape, small scissors, and balm for after climbing. Sharp nail clippers and a skin file can come in really handy.

# 2. Building a tape glove (Wide Boyz method)



## Crack gloves

Crack gloves are also a great option. They protect well, have grippy rubber and they can easily be taken on and off in between climbs.





# 3. Reusing a tape glove

A tape glove can be reused if you treat it properly.

## If you want to reuse it

- Tear the wrist loop and peel it off the back of your hand carefully and in one piece
- Stick it to your pants leg or a clean surface, so it keeps its shape
- Store flat, not crumpled

## Rebuild the glove when

- It has creases that will rub
- It has dirt and grit embedded
- It has lost structure
- It is too ripped and torn to repair easily

## Simple rule

- If it feels wrong in the first minute, make a new one.





# 4. When to tape your fingers

**Taping your fingers isn't always the best strategy for crack climbing.**

## **Tape your fingers when**

- You have an existing split
- You have thin skin on a specific finger
- You are doing finger jams and the crack bites the finger joints

## **Don't tape fingers when**

- You are only fist jamming and hand jamming, and the friction is mainly on back of your hand
- You need friction and feeling, because tape can make you slip

## **If you do have to tape a split on your finger:**

- Clean it well and let it dry
- Apply a short strip over the split
- Wrap it once to hold it, not too tight

# 5. Listen to your skin

Learn the early signals and prevent a skin injury.

## **If you feel burning heat**

Stop, tape now, or reinforce the spot. Burning is a warning before skin failure.

## **If you feel a sharp sting**

You have a tear starting. Patch it. Downgrade, or change technique.

## **If the skin looks shiny and smooth**

That is glass skin, you are one burn away from a blowout. Stop early.

## **If tape starts to roll or peel**

Replace it immediately. Rolling tape exposes skin and becomes uncomfortable in certain jamming positions.

## **The smartest move when crack climbing**

If your skin is screaming, take a break, or call it a day. Tomorrow will thank you.





# 6. Post-session reset

**5 quick steps to save your day tomorrow!**

## **1. Wash your hands**

Remove chalk, dirt, tape and tape glue. Use mild soap. Dry fully.

## **2. Inspect**

Check your knuckles, thumb webbing, back of your hand, fingertips. Find small splits before they get worse.

## **3. Smooth edges**

Lightly file sharp skin edges, do not sand your hand flat. The goal is to stop tearing.

## **4. Repair**

Apply a small amount of balm or hand cream to damaged areas. Thin layer, not a greasy mask.

## **5. Let it breathe**

Give the cosmetics time to absorb. Don't just slap it on and then immediately use your hands for normal tasks.

# 7. Overnight repair for multi-day crack climbing

**What you do after a day of crack climbing determines which cracks you can climb the next day!**

## **Rule 1**

No heavy greasy layer of skin care product. Apply a thin layer several times instead. Soft swollen skin is weak skin in cracks.

## **Rule 2**

Target and treat the damage. Knuckles, thumb web, splits. Use thin layers of skin care products and careful filing.

## **Rule 3**

Hydrate, eat and sleep. Skin heals when you rest.

## **Rule 4**

Plan tomorrow honestly. If you are already thin, tape early and reduce volume. Don't chase every problem.





# 8. Crack essentials

**Keep it simple.**

## **Tape**

Choose good quality tape for tape gloves; sticky, good surface friction and tear resistant but still with a slight stretch.

## **Crack gloves**

Having both tape and crack gloves is the ideal solution if you want to be prepared for anything.

## **Small scissors or ripper**

You need neat cuts. Bad tears create weak edges.

## **Skin file**

For filing down sharp edges and flappers after climbing. Light use only.

## **Skin care products**

Balm for splits and damaged areas, after climbing and overnight. Hand cream for general dryness and daily maintenance, after climbing, not before.

# Notes

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“Crack is  
back”

