I have paraphrased Cockburn’s descriptions below, and used bullet points to emphasize portion:

1. Cooperative and goal-seeking
   a. A team of rock climbers works together to reach the top.
   b. The will evaluate the climb based on:
      i. Did they reach the top?
      ii. How well do they climb together?
      iii. How much did they enjoy themselves?

2. Load bearing
   a. Climbers most actually support their weight on their hands and feet.
   b. Software must run and produce reasonable responses.
   c. While multiple solutions are possible, not just any solution will do.

3. Team
   a. Climbing is usually done in teams
   b. There are solo climbers, but under normal circumstances, climbers form a team for the purpose of a climb.

4. Individuals with Talent
   a. Some climbers climb better than others.
   b. Some people will never handle certain climbs.

5. Skill-sensitive
   a. The rock climber must have a certain proficiency
   b. The novice can approach only simple climbs
   c. With practice, the climber can attack more and more difficult climbs

6. Training – Rock climbers are continually training on techniques to use

7. Tools
   a. Tools such as chalk, checks, harnesses, ropes, and carabiners are a requirement for serious rock climbers.
   b. It is important to reach the right tool at the right moment.
   c. It is possible to climb very short distances without tools.
   d. The longer the climb, the more critical the tool selection is.

8. Resource-Limited
   a. A climb is usually completed by nightfall or before weather changes
   b. Climbers plan their climbs to fit their time and energy budget.

9. Plan
   a. Whether boldering, doing a single-rope climb, or doing a multiple-rope climb, the climbers always make a plan.
   b. The longer the climb, the more extensive the plan must be.
   c. The team knows the plan will be insufficient and even wrong in places

10. Improvised
    a. Unforeseen, unforeseeable, and purely chance obstacles are certain to show up on even the most meticulously planned expeditions unless;
       i. The climb in short
ii. The same climb has been done multiple times before
b. Therefore, the climbers must be prepared to change their plans—
to improvise—at a moment’s notice

11. Fun
   a. Climbers climb because it is fun.
   b. Climbers experience a sense of *Flow* (*csikszentmihalyi, 1991*) while
      climbing.
   c. Similarly developers typically enjoy their work, and part of the
      enjoyment is getting into the flow of designing or programming.
   d. Flow in the case of climbers is both physical and mental; flow in the
      case of programming is purely mental.

12. Challenging
   a. Climbers climb because it is a challenge—can they really make it to
      the top?
   b. Programmers often crave this challenge, too.
   c. If programmers do not find their assignment challenging:
      i. They may quit
      ii. They may start embellishing the system with design elements
          they find challenging