



American  
Alpine Institute

*The Spirit of Alpinism*

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## ROCK CLIMBING

### BOULDER, CO OR MAMMOTH LAKES, CA EQUIPMENT CHECKLIST

The primary goal of any climber should be to have everything they need for a “worst case scenario”. Always be sure to bring extra layers, extra food and water, and a first aid kit. Even if you’re going for a casual day of rock climbing, it’s better to be over prepared than under prepared.

This list was designed for the “worst case scenario,” a trip with significant inclement weather. In serious conditions it’s not uncommon for a climber to need every piece of clothing and equipment on this list. However, if a program does not encounter significant weather, there may be items here that are not used. As you prepare for your trip, it’s important to plan for the worst and hope for the best.

At the start of the day, your guide will ensure that everyone is adequately prepared for the day. They will also be able to refine your day pack to make sure that you bring exactly what’s needed given the forecast. It is acceptable to bring too much clothing or equipment to your initial meeting. And it is acceptable to bring things that you have questions about. Extra equipment can always be left behind in the van.

**Boulder, CO:** Temperatures and weather conditions in the Boulder area are often conducive to great climbing conditions. Thunderstorms, however, are somewhat common and intense rainstorms often last a few hours in the afternoons. Daytime highs can range anywhere from 50°F to 80°F.

**Mammoth Lakes, CA:** The weather in Mammoth Lakes is typically best for rock climbing courses during Summer - Fall. During the summer, daytime temperatures often hit 70°F and evening temperatures range from 40-50°F. The fall has cooler days and shorter daylight hours with daytime temperatures around 50-60°F with cooler nights.

**Rentals:** Equipment that is available for rent through the AAI is designated with a “Rent” check box. These items must be requested for rent and paid for **prior** to your trip start, this can be done by filling out the rental request form. Don’t forget that AAI climbers receive a 15% discount off full-price items purchased through our gear shop.

**Call or Email the Equipment Shop for Advice on Gear:** Please feel free to contact the shop to help you get ready for your trip. Your comfort and safety depend on being well equipped. Whether you get your gear from us or just get advice, we’re here to help you prepare.

Call: (360) 671-1570; Email: [shop@AlpineInstitute.com](mailto:shop@AlpineInstitute.com); Website: [Shop.AlpineInstitute.com](http://Shop.AlpineInstitute.com)

Please be sure to check the forecast several days prior to your course to ensure that you are properly prepared:

[NOAA Boulder Weather Forecast](#)

[NOAA Mammoth Lakes Area Weather Forecast](#)

Clothing	Packing Checklist
<b>Sun Hat</b> Ideally fits under your climbing helmet. Baseball style hats with a button on top are generally not recommended. Visors or athletic hats from companies like Ciele or Skida are substantially more comfortable, vent better, and are easier to clean and dry out.	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<b>Buff/Neck Gaiter</b> Look for one that is UPF rated. Brighter colors work better for warmer conditions and darker colors for colder conditions.	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<b>Sun Glasses</b> Preferably with UVA/UVB protection	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<b>Headlamp</b> Bring extra batteries, or if it has a rechargeable battery, make sure and bring a charger. 200-350 Lumens is an ideal range. <i>★ Example : Petzl Swift RL, Petzl Actik Core</i>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<b>Sports Bra</b> Wool or synthetic, comfort is key. Avoid bras with adjusters and clasps that could get compressed by your pack straps. Racerbacks are popular options for keeping straps in place. <i>★ Examples: Girlfriend Collective Topanga, Vuori Elevation.</i>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<b>Sun Hoody</b> A lightweight, wool or synthetic sun hoody is ideal. Look for one with UPF 30+ sun protection. UPF Clothing protects better from the sun than sunscreen. <i>★ Examples: Patagonia Capilene Cool Daily Hoody, Outdoor Research Echo, Rab Pulse</i>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<b>Active Insulation Layer</b> Lightweight “gridded fleece” or lightweight synthetic insulated jacket. Hood preferred. <i>★ Active insulation jacket weight at 40g/m2 and heavier Insulation jacket at 60g/m2 or 80g/m2</i> <i>★ Example: Patagonia R1, Patagonia Nano Air, Arc'teryx Proton LT</i>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<b>Soft Shell Jacket or Windproof Jacket</b> A soft shell jacket is considered an ‘action layer’. Its materials are designed to stretch and breathe while also maintaining wind and water resistance. This allows the user to leave this jacket on for a wide range of temperatures and conditions throughout the day, without the hassle of constantly changing layers. Wind proof jackets are lightweight and packable, but lack the breathability and stretchy nature of the soft shell. Windproof jackets are ideal for blocking wind and light precipitation during low output activities. <i>★ Example SoftShell: Black Diamond Alpine Start Hoody, Rab Borealis, Patagonia Houdini Air.</i> <i>★ Example Windproof Jacket: Patagonia Houdini, Arc'teryx Squamish Hoody,</i>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

<b>Insulation Jacket</b> AKA the “puffy.” Down or Synthetic. This piece is worn in cold conditions or when not moving. Hood preferred. If choosing Down, water-resistant Down treatment is preferred to help prevent matting and loss of insulating ability if the jacket gets wet. <i>★ Example: Arc’teryx Nuclei FL, Patagonia DAS light, Patagonia Down Sweater, Arc’Teryx Cerium LT.</i>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<b>Hard Shell Jacket (Waterproof Rain Jacket)</b> Non-insulated jacket with a waterproof and breathable membrane. 3-layer construction is recommended. It must have a hood, ideally a helmet compatible hood. When sizing make sure it can fit over other layers. <i>★ Materials: Gore-Tex, eVent, Drilite, H2NO, Pertex Shield</i> <i>★ Example: Patagonia Torrentshell, Arc’Teryx Alpha AR, Mountain Equipment Lhotse.</i>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<b>Undergarments</b> Wool or synthetic. Long, compression style undergarments can help reduce inner thigh chafing.	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<b>Soft Shell Pant</b> Thin, weather-resistant, breathable, and stretchy. <i>★ Materials: Exolite, Fortius, Schoeller</i> <i>★ Example: Patagonia Altvia, Mountain Equipment Ibex, Arc’teryx Gamma FL</i>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<b>Hard Shell Pant (Waterproof Rain Pants) : Optional</b> Non-insulated, waterproof and breathable membrane. Full side zips are recommended. If there is rain in the forecast, bring them. <i>★ Materials: Gore-Tex, eVent, Drilite, H2NO, Pertex Shield.</i> <i>★ Example : Patagonia Torrentshell, Arc’Teryx Beta Pant</i>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<b>Socks</b> Wool or synthetic socks that are at least mid calf height. <i>★ Example : Darn Tough Coolmax Lightweight</i>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<b>Approach Shoes</b> Made with sticky climbing rubber, used for approaches to and from the rock climbing areas as well as for climbing some of the easier routes. <i>★ Example Approach: La Sportiva TX4, TX2, Scarpa Rapid</i>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<b>Climbing</b>	
<b>Harness</b> Make sure the harness has a belay loop and gear loops. When sizing, it should fit over your clothes when you have multiple layers on. A more robust harness is ideal for this program. <i>★ Example: Petzl Adjama, Arc’Teryx AR-395a</i>	<input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> Rent*
<b>Helmet</b> Must be UIAA rated for climbing. Be aware that foam, break-away style helmets like the ones listed below are susceptible to damage if being loaded in a checked bag. <i>★ Example : Petzl Meteor, Black Diamond Vision.</i>	<input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> Rent*
<b>Slings</b> Bring one 48in.(120cm) and one 24in.(60cm) pre-sewn sling. Slings must be UIAA rated for climbing. Available for sale in our equipment shop. <i>★ Example : Mammut Contact, Black Diamond Nylon Runner</i>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

<b>Cordelette</b> A 180cm-240cm length sling or 18-24 feet of 6mm accessory cord can be used as a cordelette. ★ <i>Example : Mammut Contact, Bluewater Titan Cord</i>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<b>Belay Device</b> Bring an auto-blocking device that accepts two ropes. Available for sale in our equipment shop. ★ <i>Example : Black Diamond ATC Guide, Petzl Reverso</i>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<b>Carabiners</b> Must be UIAA rated for climbing. Available for sale in our equipment shop. - Four large pear shaped munter-style locking carabiners. - Five non-locking wire gate carabiners. ★ <i>Example : Petzl Attache, Camp Photon Wire</i>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<b>Rappel Backup</b> The Sterling hollow Block or Beal Jammy are recommended for their heat resistant properties. A 4ft length of 6mm nylon accessory cord will also suffice. ★ <i>Example : Beal Jammy 35mm, Sterling HollowBlock 2 13.5</i>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<b>Assisted Braking Device</b> Strongly recommended but not required. For belaying. ★ <i>Example: Petzl GriGri, Edelrid Megajul, Black Diamond ATC Pilot</i>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<b>Nut Tool</b> For cleaning traditional protection.	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<b>Rock Shoes</b> Focus on comfort, so they can be worn all day. Avoid technical or aggressive rock shoes with a downturn. Avoid curled toes when sizing. ★ <i>Example : La Sportiva Tarantulace, La Sportiva TC Pro</i>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<b>Belay Gloves</b> Lightweight and breathable gloves with a durable leather palm are ideal. ★ <i>Example : Petzl Cordex</i>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<b>Multi-Pitch Pack</b> 18L to 25L is an ideal size. Used for multi pitch climbing. ★ <i>Example : Patagonia Linked 18 Black Diamond Blitz 28</i>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<b>Internal Frame Pack</b> 50L-70L is a recommended size range. Should have the ability to carry weight well (45 lbs+). For approaching crags. ★ <i>Example : Black Diamond Mission 55 or 75, Mountain Hardware AMG 75, Arc'Teryx Bora 75,</i>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<b>Trekking Poles (Optional)</b> Two are highly recommended. Poles help with balance while hiking with a heavy bag, ★ <i>Example : Black Diamond Expedition 3</i>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<b>Rock Climbing Rack (Optional)</b> Optional. If you have it then bring it. Make sure and mark your gear so it doesn't get mixed up. Nail polish is the best way to permanently mark your gear, tape is strongly discouraged as it tends to fall off and become trash.	<input type="checkbox"/> Own <input type="checkbox"/> Buy

<b>Chalk Bag and Chalk (Optional)</b> Optional, nice to have for hot days.	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<b>Crack Gloves (Optional)</b> Optional. More environmentally friendly than using tape. ★ <i>Example : Ocun Crack Glove</i>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<div>Camping</div> <div>Optional - only needed if camping</div>	<div>Packing Checklist</div>
<b>Tent</b> 3 season tents are appropriate for this course's camp locations. ★ <i>Example 3-Season : Big Agnes Copper Spur, REI Half Dome</i>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<b>Sleeping Bag</b> Synthetic or Down. 20°F to 30°F (-6°C to -1°C) is an appropriate temperature rating for this course's camp location. ★ <i>Example : Mountain Equipment Fireflash (5), Western Mountaineering Alpinlite (20), Rab Mythic Ultra 180 (32)</i>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<b>Sleeping Pad</b> One inflatable or closed cell foam pad. ★ <i>Example : ThermaRest XTherm</i>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<b>Stove and Fuel</b> Liquid fuel or canister stove. Fuel is available at AAI the morning of the course. ★ <i>NOTE: Many people choose to share stoves, fuel and tents to decrease weight. However, some people prefer to camp in their own tents and use their own stoves. This can be determined on the morning of the first day of your program.</i> ★ <i>Example : Soto Windmaster, MSR Windburner</i>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<b>Pots</b> Bring one 0.5L to 2L pot depending on what you are planning to cook.	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<b>Utensils</b> Long-handled spoons make stirring hot liquids safer, and metal ones tend to not break as easily in cold temperatures.	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<b>Bowl</b> Bring one.	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<b>Lighters</b> Bring two.	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<b>Hydration</b> 3L capacity is recommended, though some people need more. A common approach is to bring a 2-3 liter bladder and a 1 liter hard sided bottle. The bottle is an important backup to the bladder if it gets punctured. A hard-sided bottle may also double as a mug for hot water, though not every bottle is designed to hold boiling water. ★ <i>Example : Nalgene 32 oz bottle, Hydrapak Seeker 2-3L, MSR Dromedary 4-8L</i>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<b>Food</b> You are responsible to bring your own food for the duration of the course. Please consult our <a href="#">meal planning page</a> .	<input type="checkbox"/> Own <input type="checkbox"/> Buy

Other Essentials	Packing Checklist
<b>Toothbrush and Toothpaste</b> Travel size recommended.	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<b>Hand Sanitizer and/or Wet Wipes</b> Required. Used after going to the bathroom and before eating. Wet wipes can be used for the “mountain shower.”	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<b>Toilet Paper</b> The provided solid waste bags have a small amount of toilet paper with them, but most people do not find this to be adequate. Estimate how much you’ll need for a program of this length and place that in a plastic zip lock bag. An extra zip lock bag can be helpful for pack-out of used paper. If you plan to use wet wipes, be wary of scented or exfoliating types as these can be an irritant for some people.	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<b>Pee Cloth (optional)</b> A reusable, antimicrobial pee cloth. Used in place of toilet paper or wet wipes for cleanup. <i>★ Example : Kula Cloth</i>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<b>Urination Devices (optional)</b> Pee funnels such as the GoGirl or Freshette. Rigid pee funnels hold their shape better. Used in conjunction with a pee bottle, or while on a rope team. These can help mitigate the need to squat. <i>★ Example : Freshette</i>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<b>Menstrual Cup (optional)</b> There are many things to consider about backcountry menstruation, click on the link below for more information. <a href="#">Click here for more info</a> <i>★ Example : Diva cup, Saalt, Lunette</i>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<b>Sunscreen</b> At least SPF 30+, zinc based is preferred. Small travel size tubes are recommended so you can put them in a close by pocket for easy access. <i>★ Example : ZBlok 45, 2oz containers are a nice size.</i>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<b>Lip Balm</b> Make sure it is SPF rated. <i>★ Example : Blistex Gold Five Star Protection SPF 30</i>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<b>Personal First Aid Kit</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Band aids</li> <li><input type="checkbox"/> Blister treatment</li> <li><input type="checkbox"/> Prescription drugs</li> <li><input type="checkbox"/> Ibuprofen etc.</li> <li><input type="checkbox"/> If you wear contacts make sure and have spares if you can't see without them.</li> </ul>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<b>Repair Kit</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Inflatable sleeping pad patch kit</li> <li><input type="checkbox"/> Duct tape (Can be wrapped around trekking poles or water bottle. Gorilla Tape tends to be the best brand for the mountains.)</li> <li><input type="checkbox"/> Zip ties</li> <li><input type="checkbox"/> 6-10 ft of 3mm accessory cord</li> <li><input type="checkbox"/> 2 Trash bags that are big enough to line the inside of your pack with.</li> </ul>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

<h2 style="text-align: center;">Other Optional Items</h2> <p><i>The items below are not required, although many are nice “luxury” items that can make your trip more enjoyable. Remember that a few ounces here and there add up to extra pounds on your back and knees during your expedition.</i></p>	<h3 style="text-align: center;">Packing Checklist</h3>
<p><b>Pee Bottle</b> Used at night or when the weather is poor so you don’t have to get out of your tent. 32oz or larger is strongly recommended. Many guides use a bladder instead of a bottle for increased capacity. ★ <i>Example : Hydrapak Seeker 2L, Collapsible 48oz Nalgene</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><b>Entertainment</b> Books, games, cards, music player, kindle, ect. For evenings or rainy days in the tent.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><b>Portable Charging Device</b> Phone charger, battery pack, or solar panel. You are responsible for your alarm clock each morning, if you are going to use your phone be sure you have enough power to accommodate for this. ★ <i>NOTE: Solar panels should only be used to charge battery packs. Battery packs should be used to charge devices. Inappropriate use of a solar panel could lead to the depletion of a device’s power.</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><b>Ear Plugs</b> For defense against snoring and high winds.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><b>Insect Repellent</b> Biting insects such as mosquitoes and blackflies can be prevalent during different times of the season depending upon conditions and location. This is a nice item to have just in case.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><b>Camera</b> Phone cameras or small point-and-shoot cameras are preferred. SLR cameras are not recommended due to their size and bulk.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><b>Comfortable Clothing and Footwear</b> Breathable footwear -- like flip-flops -- as well as some comfortable cotton clothing can be nice to change into after you get back to the van.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><b>Car Charger</b></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy