



## **Aid Climbing - Climbing Equipment List**

This equipment list is aimed to help you bring only the essential gear for your mountain adventures. Please read this list thoroughly, but exercise common sense when packing for your trip. Please pack accordingly.

AAI carries products in all the categories and classifications listed below; these can be viewed and purchased on our Equipment Services website at <http://www.guideschoice.com>. Our Equipment Services staff is available to speak with you via phone or email to answer your questions about equipment for your course.

YOU NEED: shoes, harness, and helmet, at minimum. If you decide to rent equipment from us, **you can rent climbing shoes, harness, and helmet as a package for \$15 per day. If you do decide to rent, please notify us of your waist and shoe sizes so that we can reserve your gear in advance.** Questions on gear may be directed to our equipment staff at the AAI gear shop, (360) 671-1570, Monday - Friday, 10:00am to 6:00pm. We'll be happy to help you with all your gear questions!

### **CLOTHING**

**Approach Shoes** - With sticky rubber soles. These will be our main footwear for approaches, descents, and often while climbing. Running or tennis shoes won't work.

**Socks** - Bring a couple changes.

**Shorts** - Shorts designed specifically for rock climbing work well. (Not necessary from December-February)

**Long Underwear Bottoms** - Mid-weight polypropylene or similar synthetic. Used mainly in the evening or on colder days climbing.

**Climbing Pants** - Synthetic, Lycra or other light comfortable pants, which don't restrict movement.

### **T-shirt**

**Long Underwear Tops** - Mid-weight polypropylene or similar synthetic. Used mostly for evenings and colder days climbing.

**Long Sleeve Shirt** - For sun protection. Lightweight and light in color.

**Pile/Fleece Jacket** - 200-weight fleece or comparable layer for temperatures down to 30 degrees.

**2nd Warm Layer** - A warm shirt or lightweight sweater. Synthetic (preferred) or wool.

**Wind Shell** - Lightweight water repellent nylon recommended. This is often worn while climbing, so keep it light and simple. No waterproof coated nylon, please. If you cannot find a lightweight wind shell, a Gore-Tex rain jacket can be substituted, but remember, a jacket is heavier, bulkier and does not allow as good freedom of movement as a wind shell.

**Rain Jacket** - This will be your outermost layer and it needs to be waterproof, breathable, and durable. Two or three-ply Gore-tex or other waterproof breathable materials are required. This needs to have a hood and should be sized to fit over your clothes.

**Warm Hat** - Synthetic is less itchy than wool.

**Sun Hat** - A baseball cap serves well.

**Gloves** – Climbing gloves in leather. Many climbing companies offer appropriate models, but work gloves from a hardware store can be suitable if dexterity isn't compromised.

### **Climbing Gear: Please bring all of these items**

**Climbing Shoes** – There are many different kinds, but make sure you have some you can stay all day and are comfortable. An all-around rock shoe that performs well (both in cracks and while edging) is recommended.

**Climbing Harness** - Should fit with a few layers of clothes on, have a belay loop and at least 4 gear loops. This item can be rented.

**Carabiners:** Bring at least 4 locking and 4 non-locking carabiners. Two should be pear shaped (or Mütter) locking carabiners.

**Nylon cord:** A 4 foot length of 6mm nylon cord. Easily found at most gear shops. Cord of a smaller or larger diameter will not work.

**Cordellete:** Bring two. 18-20 foot lengths of 7mm cord.

**Climbing Helmet** - Kayak or bicycle helmets are not acceptable. This item can be rented.

**Chalk Bag and Chalk** - (optional)

**Belay or rappel device – Belay Device:** Bring an autoblocking device like the Petzl Reverso and Black Diamond ATC-Guide. You should also have a Petzl Gri-Gri or Trango

Cinch.

**Rock Climbing Rack:** This generally includes an assortment of wired nuts, cams, hexes, etc. Bring as much as you can. If you don't own any trad gear, we will provide this for you during the course.

**AID CLIMBING GEAR** – The more personal gear you have, the better. Please bring any and all aid climbing equipment that you own. We provide this equipment if needed; please let us know ahead of time.

**Ascenders** – Mechanical ascenders with handles. The Petzl "Ascension" is preferred over the Black Diamond "nForce".

**Daisy Chains (2)** – There are many different types and models and all have their pro's and con's. Bring a pair of the same model in different colors.

**Aiders (or eitrers) (2)**– Again, a pair of the same model in different colors is better. Get a five step ladder. Ladder-style aiders are better for sustained wall climbing. Our favorite is the Yates "Speed Wall" but there are many appropriate models.

**Fifi hook** – bring one.

### **MISCELLANEOUS**

**Summit Pack** – For multi-pitch climbing. 14 L to 25 L or 1300 to 1800 cubic inches.

**Cragging Pack** -- 30 L to 60 L. Something that can carry all of your things for the day, plus some group gear.

**Hydration:** 3 liters of water capacity are the minimum. Hydration packs or bladders like the Camelback or Platypus with appropriate accessories are preferred. Water bottle work well too.

**Lunch Food** - Lightweight and high energy.

**Pocket Knife** - Swiss Army style knives are good as well as multitools like a Leatherman.

**Personal Medical Kit** - For sunburn, blisters, cuts, scrapes, etc.

**Sunscreen** - With a protection factor of at least 16. For the fair an SPF of 20 is better.

**Lip Protection** - With a protection factor of at least 16. For the fair an SPF of 20 is better.

**Sun Glasses**

**Personal Toiletries**

## **Camera and Film**

**Headlamp** - Bring extra batteries.

**CAMPING GEAR** - If you choose to camp you will need to come prepared with personal camping gear. We will not be able to rent you any on the spot. The Campground is a typical car camping type campground with pit toilets and no showers. During the busier times in the spring and fall the campground can fill up so please be prepared to make other arrangements. Campers should be aware that being camping in the desert in the Las Vegas area, 13 Mile included, offers very little in the way of shade and wind protection because of the lack of vegetation. When conditions are calm camping can be pleasant, if it is windy and or very hot the campground can be an uncomfortable place to be. If you drive your own car you may choose to lug along everything but the kitchen sink, i.e. Coleman lanterns, coolers, stoves, firewood, etc. However, if you are not bringing your own car you will be relying on someone else for storage space, so please keep your camping kit reasonably lightweight and compact.

**Tent** - Three seasons.

**Sleeping Bag** - Rated to about 25F.

## **Sleeping Pad**

**Stove & Lighter** - Any small backpacking stove will do. Guides will have extra MSR fuel bottles if you fly and need to borrow one. You will need to provide fuel of course. This pertains only to the brand MSR.

**Fuel** - As a reminder, fuel cannot be taken on airplanes.

**Pots & Utensils** - one or two pots, large thermal mug, spoon and bowl.