

# American Alpine Institute<sup>Ltd.</sup>

## Mt. Erie Rock Climbing Equipment List

The rock climbing area of Mt. Erie is located in the Pacific Northwest. This area enjoys a typical maritime climate of mild temperatures throughout the year with frequent precipitation in the winter and generally pleasant summers.

The preferred climbing season extends from about late April, through the summer, to the end of September. Summer highs can be up in the 80's but more commonly are in the 60's to 70's. Nighttime lows are usually around 50°F. Rain is not uncommon, particularly before mid-June. Rain is less common here than in other climbing areas on the coast, because the mountain is in a rain shadow. A typical day in the summer might begin cool and pleasant, warm to the lower 70's by afternoon, and drop to a night-time low between 40-50°F.

If you live outside Washington, it is possible for program participants to lodge in hotels near Mt. Erie, and there are also very nice state campgrounds nearby. Food can be purchased in nearby grocery stores before the course.

At AAI we take equipment and its selection seriously. Our Equipment Services department is expertly staffed by climbers, skiers and guides. Additionally, we only carry products in our store have been thoroughly field tested and approved by our guides. This intensive process ensures that all equipment that you purchase from AAI is best suited to your course and future mountain adventures. Please contact us to select equipment for your course.

For this introductory course, all your rock climbing gear can be rented for \$10. This includes a climbing harness, helmet, and rock shoes. These will be available at Mt. Erie, though it is recommended that you call the Equipment Shop (360-671-1570) in advance with your sizes.

## **Clothing & Footwear -**

Keep it simple. Below are some suggestions for different layering options, but remember to dress for the weather and wear what you feel comfortable in.

**T-shirt:** This shirt can be synthetic or cotton, though cotton is excellent for summer climbing due to its wicking properties. Long sleeved shirts are nice on cool days, while short sleeve shirts are great for when it's hot.

*Materials:* Synthetic, cotton, blends.

Own Buy

**Base Layer Top:** These are used mainly in the evening or on colder days climbing. This will be your primary layer and should be "lightweight" or "silk weight" synthetic or wool.

*Materials:* Synthetic, wool.

Own Buy

**Shorts:** Lightweight shorts are nice for warm days.

Own Buy

**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.

*Materials:* Nylon, micro weave fabrics, fleece, wind stopper

Own Buy

**Comfortable Walking Shoes:** Running shoes or lightweight approach shoes are preferred. Sandals, "Crocs," or flip-flops are not appropriate.

Own Buy

**Climbing Pants:** Softshells, sweat pants, Lycra or other light comfortable pants that don't restrict movement. Old synthetic dress pants also work.

Own Buy

**Rain Jacket:** In the event of rain, a lightweight shell jacket will help protect you from the elements. Your hood should fit over your climbing helmet.

*Materials:* eVent, Gore-tex, h2No, or similar

Own Buy

**Sun Hat:** A baseball cap or visor serves well.

Own Buy

**Light Insulating Layer:** The goal for this piece is to add warmth to your clothing layering system. The weight and design of this piece will vary based on the other items of clothing that you are bringing. A fleece jacket or sweatshirt is an example of this layer

*Materials:* fleece, Primaloft, down

Own Buy

**Beanie Hat/Toque:** Bring a thinner warm hat that will fit under your climbing helmet if it is cool weather.

*Materials:* fleece, wool, windstopper, or similar

Own Buy

## **Climbing Equipment –**

All rental gear for this course is \$10 – whether you need just one item or all three (harness, helmet, and shoes).

**Climbing Harness:** Choose a harness with adjustable leg loops, and make sure it fits your body well. A belay loop, gear loops, and light padding on the waist are desirable features.

*Weight: 6 - 16oz / 170 - 453 grams*

**Climbing Helmet:** Light weight, well ventilated, and comfortable. Models with a plastic shell are more durable, but are heavier than all foam models. Must be UIAA approved for climbing.

**Rock Shoes:** An all around rock shoe that performs well on both cracks and smearing is recommended.

**Carabiners:** Bring one locking carabiner, if you own one.

**Chalk Bag and Chalk:** Optional.

**Belay Device:** Bring one if you have one.

***Note:*** *If you own a belay or rappel device, or a small free climbing rack, feel free to bring it along. Even though AAI supplies this equipment, most climbers feel more comfortable using gear with which they are familiar.*

## **Other Essentials**

**Small climbing pack:** Used to get your equipment to the climbing area. Packs are usually left on the ground while climbing, but are carried when multipitch climbing. Find a model that fits well.

*Size Range: 28 – 35 liters / 1700 - 2100 cu in.*

## **Inside your pack:**

- **Water.** You may bring water bottles or a hydration packs (like the Camelback or Platypus).
- **Lunch Food.** You are responsible for bringing your own lunch.
- **Sunscreen**
- **Sun Glasses.** Keeper strings like “Croakies” are useful to prevent dropping your glasses while climbing.
- **Camera.** Optional. We recommend small point and shoot cameras that can easily be carried in an outside pocket or small case outside your pack. If you can’t comfortably and safely carry your camera outside your pack, even in bad weather, you’ll miss the best photo opportunities. Though some climbers bring them, SLR cameras are not recommended because of weight and bulk.

Own Buy Rent

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