

- Equipment List -

The Single Pitch Instructor courses require that participants bring their own equipment.

Climbing Helmet: No kayak or ski helmets.

Climbing Harness with belay loop: Please, no Alpine Bod harnesses.

Climbing Shoes: Can also use sticky rubber approach shoes, but you must be able to climb up to 5.7 in whatever shoe you bring.

Climbing Rope: 60 Meter Dynamic Climbing Rope

Standard Climbing Rack: This generally includes an assortment of wired nuts, cams, hexes, etc.

Assorted 24" and 48" Runners: Be sure that you have at least 1 48" runner.

10 or more Non-locking Carabiners

6 or more Locking Carabiners: The more the better.

Belay/Rappel Device, such as the Reverso, the Guide XP, or the ATC

Releasable Locking Belay Device, such as the Petzl GriGri or the Trango Synch

Prussic Loops: (4 feet of 5 millimeter nylon accessory cord)

2 Cordelettes: (21 feet of 7 millimeter nylon accessory cord)

One 100-foot Static or Semi-Static Rope: This is used for setting up anchors and fixed lines.

One of the following books (for the course only): *Rock Climbing: Mastering the Basic Skills* by Craig Luebben or *Freedom of the Hills* by the Mountaineers

PLEASE MARK ALL OF YOUR GEAR!!! It is possible to mark gear with colored electrical tape or with nail polish. Many climbers use two colors of electrical tape instead of just a single black strip. This creates less of a chance that two individuals will have the same colors on their gear. Do not put nail polish on any of your soft goods. This may damage the overall integrity of the webbing, cord, etc.

American Alpine Institute^{Ltd.}

AMGA Single Pitch Instructor Course – Red Rock Canyon Equipment Checklist

The Red Rock Canyon National Conservation Area is located in the high desert about 20 miles west of Las Vegas. In the spring (March and April) and the Fall (Oct. and Nov.), when "climbing conditions are at their best, daytime highs often climb to 80F with nighttime lows near 40F to 50F. The winters are normally cool and snow often covers the ground deep in the shaded canyon floors. Rain or snow occasionally falls, but the vast majority of days are sunny and fair. While routes in the shade can be too cold to enjoy, south facing walls often warm up to offer pleasant climbing with temperatures in the mid 60's throughout the winter. The weather can be breezy, especially high on multi-pitch routes. Please read this list thoroughly, but exercise common sense when packing for your trip. Climbs in September simply do not require as much clothing as those done in January. Please pack accordingly.

There are many lodging and hotel options in and around the Vegas area. Food may be easily purchased in Las Vegas before or during your course. There is a grocery store approximately ten minutes east of Red Rock Canyon. For people wishing to camp in the area, we recommend the Bureau of Land Management's 13 Mile Campground which is situated just outside the Red Rock Canyon National Conservation area. Located minutes from the park gate, the 13 Mile Campground is a typical "car camping" campground with pit toilets and no showers. During 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 camping in the desert offers very little in the way of shade and wind protection because of the lack of vegetation. When conditions are calm, camping may be pleasant. If it is windy or very hot, the campground can be uncomfortable. That said, the desert is a wonderfully quiet and beautiful place at night. The sunrise, sunset, and the star-filled nighttime sky are a wonderful part of the Red Rock experience. If you decide to stay in a hotel you will not need any of the items listed under the "Camping Equipment" section in the following equipment list. Rental camping equipment is not available for this course. Showers are available at Red Rock Climbing Center on West Charleston Boulevard -- about a 15-minute drive from the campground.

If you plan to camp during this course AND are flying to Las Vegas, please prepare your camping equipment for airport security. Stoves must be emptied and cleaned, then placed into your checked baggage. Lighters must be removed and purchased upon arrival. Liquid fuel bottles (e.g. MSR) are not allowed in checked baggage. If you drive, feel free to lug along everything but the kitchen sink, (i.e. lanterns, coolers, stoves, firewood, etc). However, if you are not bringing your own car

and you will be relying on someone else for storage space, keep your camping kit reasonably lightweight and compact.

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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.

Equipment items that are available for rental are designated with an (R). Please contact the Equipment Shop at 360-671-1570 for assistance in selecting equipment for your course.

Clothing & Footwear

T-Shirt: Light colors are best. This shirt can be synthetic or cotton, though cotton is excellent in the desert due to its wicking properties. Long sleeved shirts are useful for much of the season for sun protection or warmth, but short sleeve shirts are great for when it's hot.

- Materials: Synthetic, cotton, blends.

Shorts: Lightweight shorts are nice for warm days.

- Weight: 4 - 8oz / 110 - 227 grams

Climbing Pants: Sweat pants, Lycra, or other light comfortable pants that don't restrict movement. Softshell pants or synthetic dress pants also work.

Base Layer Top: These are used mainly in the evening or on colder days while climbing. This will be your primary layer on those days.

Base Layer Bottom: These are used mainly on colder days climbing. They should fit comfortably under your climbing pants.

- Weight: 5 - 8 oz / 140 - 225 grams
- Materials: Synthetic, wool.

Undergarments: Many climbers wear them underneath their base layer.

Wind Shell Jacket: Lightweight water repellent nylon is 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.

- Weight: 8 - 16 oz / 227 - 454 grams
- Materials: Nylon
- Examples: Patagonia Houdini, Outdoor Research Marvel

Comfortable Walking Shoes: Lightweight approach shoes are acceptable, but sticky rubber approach shoes are preferred. Sandals, "Crocs," or flip-flops are not appropriate.

Socks: Bring one pair per day.

- Materials: wool, synthetic, cotton

Shell Jacket: In the unlikely event of rain, a lightweight shell jacket will help protect you from the elements. Your jacket should be sized to comfortably fit over your other layers. Your hood should fit over your climbing helmet.

- Weight: 8 - 20oz / 227 - 566 grams
- Materials: eVent, Gore-tex, h2No, or similar

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.

Gloves: A lightweight pair of fleece gloves work well in cold weather. Leather gloves are excellent for belaying.

- Materials: fleece, leather

Beanie Hat/Toque: Bring a thin, warm hat that will fit under your climbing helmet.

- Weight: 2 - 4oz / 56 - 112 grams
- Materials: fleece, wool, windstopper, or similar

Sun hat: A baseball cap or visor helps keep the sun off.

Climbing Equipment

****See above list****

Other Essentials

Camera: We recommend a 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. If bringing a digital camera, consider your battery needs.

Climbing Backpack: (R) Used to get your equipment to the climbing area. This daypack should carry comfortably and be sized to fit all of your equipment while hiking and climbing.

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

- Examples: Black Diamond Speed, Cilogear Worksack

Hydration: 3 liters of water capacity are the minimum. Hydration packs or bladders like the Camelback or Platypus with a hose are recommended. At least one water bottle, usually one-quart Nalgene type, is required. Other plastic bottles, similar in nature can work as well.

Lunch Food: You are responsible for planning your meals during your course. Look for lightweight, high energy, and 'snackable' foods. Some days it is reasonable to take a lunch break, while on others it is not. Please call our administrative office if you would like additional guidance in the food planning process.

Sunscreen: Bring a small container of SPF30 or greater. For the fair skinned, the higher the SPF the better.

Lip Protection: Bring one container with the highest SPF available. Some models of chapstick have SPF15 or higher.

Headlamp: High output LED models are preferred over older halogen models. Flashlights are not acceptable.

- Examples: Petzl Tikka XP, Black Diamond Spot

Personal Medical Kit: Please include prescriptions at a minimum.

Sun Glasses: Choose a model with UVA/UVB protection. Keeper strings like "Croakies" are useful to prevent dropping your glasses while climbing.

Camping Equipment

These items only need to be brought if you will be camping during your course. Rentals are not available for this course.

Tent: A lightweight 3-season tent is recommended.

Sleeping Pad: Bring a comfortable pad to sleep on -- preferably a lightweight inflatable pad. Closed cell foam pads are suitable, but will add bulk to your pack. Please bring a patch kit for inflatable pads.

- Weight: 8-20 oz / 225 – 565 grams

Sleeping Bag: Bring one that is rated to around 20-25°F.

- Weight: 16–42 oz / 453–1200 grams
- Materials: Down, Primaloft, Polarguard 3D

Stove: Any small backpacking stove will do. Guides may have extra MSR fuel bottles if you fly and need to borrow one. You will need to provide fuel of course.

Fuel: Fuel can be obtained at nearby outdoor stores once in Las Vegas.

Pots: One 1½ - 2 quart pot is enough for one person. Two people sharing a stove might want to bring two pots if their meals are significantly different.

Materials: Titanium, aluminum

Eating Utensils:

- Spoon: Bigger is better. Lexan is lighter, but metals spoons are more durable.
- Thermal mug: 16-20oz with a lid. Optional.
- Bowl: A lightweight Tupperware-type bowl is recommended.

Lighter: Lighters are no longer acceptable in checked baggage when flying.

Food: There are numerous grocery stores nearby where one can obtain camping food.

Personal Toiletries: Bring a toothbrush, toothpaste, floss, hand sanitizer, etc.