

- 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.

ROCK CLIMBING EQUIPMENT LIST

Below is an equipment list AAI provides for its general climbing courses – it will give you an idea of what to bring in terms of general camping and climbing gear.

The rock climbing areas of Washington Pass, Squamish, Leavenworth, & Index are all located in the Pacific Northwest. Squamish and Index are on the western side of the B.C. Coast Range and Cascades respectively, and because of this location these two areas enjoy a typical maritime climate of mild temperatures throughout the year with frequent precipitation in the winter and generally pleasant summers. Washington Pass and Leavenworth are situated just to the east of the Cascade Crest and lie in the rain shadow of the mountains. They experience much greater temperature variation between summer and winter and far less precipitation than the western side of the mountains.

The preferred climbing season for Squamish and Index 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. Night time lows are usually around 50°F. Rain is not uncommon, particularly before mid-June. By contrast, Leavenworth is often quite warm in mid-summer and the climbing season begins about a month earlier and ends about a month later than areas on the west side of the range. Rain is less common here although the range of temperatures the climber might encounter here is much greater. A typical day in May or September might begin cool and pleasant, warm to the lower 70's by afternoon, and drop to a night-time low between 40-50°F.

Though it is possible for program participants to lodge in hotels near any of the cliffs, we recommend that you car camp in more convenient sites closer to the rock climbing areas. Not only is this generally more enjoyable and economical, but it allows for more efficient use of our limited time. If you decide to stay in a hotel you need not bring any of the items listed under the "Camping Gear" heading. If you have any questions about the equipment requirements and recommendations don't hesitate to call the Institute office.

CLOTHING and FOOTWEAR

Rock Shoes - Rock shoes are recommended for the Introductory course and required for the Intermediate and Master's courses.

Comfortable Walking Shoes - Running shoes or lightweight approach shoes are good. If your rock shoes are very tight you may want to carry your approach shoes up on the climb to wear on the descent, in which case they should be lightweight.

Socks - Bring a couple changes.

Shorts - Close fitting cotton/lycra shorts are best for freedom of mobility. Lightweight running shorts will work as well but need to be long enough to stay under legloops on harness..

Long Underwear Bottoms and Tops - This will be your base layer and should be lightweight polyester, polypropylene or similar synthetic.

2nd Layer (Top) - Expedition weight long underwear top, 100 weight powerstretch, very light weight fleece, Schoeller, or a lightweight windshirt (i.e. Marmot DriClime) are good examples of this multi-use layer.

2nd Layer (Bottom) - Schoeller, Pile or fleece preferred. Seek out quick-drying and wind/water resistant material. Black Diamond Alpine Pants and Arc'teryx Gamma LT Pants are good examples of these types of materials.

Warm Jacket - Pile, fleece or Windstopper.

Insulated Jacket - Lightweight down or synthetic in addition to the warm jacket described above. Some good examples of insulating materials are Primaloft, Polarguard 3D or any down jacket/parka. This is different than your outer most waterproof shell jacket. Needed only in the earlier part of the season (before July) or for the late season (after Sept 15).

Rain Parka with Hood - Gore-Tex or other waterproof breathable material recommended.

Warm Hat - Fleece

Sun Hat - A baseball cap serves well.

Gloves - Lightweight polypropylene recommended.

CLIMBING GEAR

**See climbing equipment list above

MISCELLANEOUS

Day Pack - (optional) While packs, extra clothing, etc. are often left at the base of the route, on multi-pitch climbs many climbers like to carry with them a wind breaker or extra hat, a candy bar, small water bottle, or extra shoes for the descent.

Water Bottles - Bring 2 one quart wide mouth bottles.

Lunch Food - Lightweight and high energy.

Pocket Knife - or multitool.

Personal Medical Kit - for sunburn, blisters, cuts, scrapes, etc.

Athletic Tape - Bring one roll of 1 1/2 inch wide cloth athletic tape for taping hands for crack climbing. Available in athletic supply stores or climbing shops.

Insect Repellent

Sunscreen - With a protection factor of at least 20 and even more for people with fair skin. You know yourself best just remember that the glare from the snow increases your chance of getting burned.

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

Sunglasses

Personal Toiletries - Bring 1/2 roll of toilet paper.

Camera and Film

Headlamp - Bring extra batteries.

CAMPING GEAR

If you bring 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 30°F.

Sleeping Pad - Thermarest or closed cell foam.

Stove & Lighter - Any small backpacking stove will do.

Fuel - Average of 4 OZ per day, keeping in mind that this number will vary greatly with individual menus. * (As a reminder, fuel cannot be taken on airplanes.)

Pots - One or two.

Water Jug - A gallon water jug is very handy around camp.

Utensils - Large cup, a spoon, and a bowl.