



Multi-Day Alpine Climbing and Mountaineering

Rocky Mountain National Park, CO

EQUIPMENT CHECKLIST

This equipment list has been developed specifically for the conditions you will experience in Rocky Mountain National Park during the summer season, with considerations for fall and spring climbing. The equipment you bring must function well in a wide variety of conditions. While each piece of gear you bring is crucial to your success and safety, what you leave out of your pack can benefit you in similar ways by lightening your load, allowing you to move quickly and efficiently over alpine terrain. Our aim is to have you bring only the essential gear for your mountain adventures.

Please understand that weather varies throughout the year and that this list is designed to outfit you for severe conditions that you may not actually experience during your course. Everything you bring should fit inside your backpack while still allowing space for a bear canister. Sleeping pads and water bottles may be the only exceptions to this, if they are positioned securely in water bottle pouches, and not clipped and swinging.

CLIMATE: Temperatures and weather conditions in the Rockies are often conducive to great climbing conditions. Thunderstorms, however, are somewhat common and intense rainstorms often last a few hours in the afternoons. Nighttime low temperatures in the high peaks often drop to slightly above freezing in the summer, while daytime highs range anywhere from 35°F to 70°F. Mountain breezes are common and should be taken into consideration when planning your clothing system.

GEAR PREPARATION: Please take the time to carefully prepare and understand your equipment. If possible, it is best to use it in the field beforehand, perhaps on a backpacking trip or training hike. Take the time to properly label and identify all personal gear items. Many items that climbers bring are almost identical. Your name on a garment tag or a piece of colored electrical tape is an easy way to label your gear; fingernail polish on hard goods is excellent. If using tape or colored markers, make sure your labeling method is durable and water resistant.

When preparing your equipment for travel to Colorado, please remember that lighters and stove fuel are not allowed on aircraft. Stoves that have been thoroughly cleaned can be put in your checked baggage.

ASSISTANCE: 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.

Please contact the Equipment Shop at 360-671-1570 for assistance in selecting equipment for your course.

Rentals: Equipment items that may be available for rent are designated with an **(R)**. *If you will be needing any rental equipment please fill out a [Rental Request Form](#) as soon as possible so that we can best guarantee rental availability for your course.*

Clothing and Footwear	Packing Checklist
<p>COMFORTABLE SHOES/ APPROACH SHOES Comfortable, lightweight shoes to use on the approach to hikes and scrambling sections of climbs. ☆ <i>Salewa Wildfire Approach shoes, 5.10 Tennies, La Sportiva Cirque Pro.</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>LIGHTWEIGHT MOUNTAINEERING BOOTS For early/late season only (on snow and ice); not required July-September. Lightweight leather or synthetic mountaineering boots are ideal. These must have a 1/2 - 3/4 length shank and be designed for use with crampons. Look for a model with a waterproof/breathable liner to help keep your feet dry. ☆ <i>Examples: Kayland Apex Rock, La Sportiva Trango S, Garmont Tower GTX</i> ☆ <i>NOTE: There are many makes and models out there and not all are created equal. Please consult with our Equipment Shop if you are uncertain about the acceptability of your chosen model.</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>SOCKS Bring two complete changes. Adjust your sock system ahead of time to perfect your boot fit. Bring additional changes of socks for your approach shoes. No cotton. ☆ <i>Materials: Wool or synthetic are ideal</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>UNDERGARMENTS To wear under your base layer. ☆ <i>Materials: Wool or synthetic are ideal</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>BASE LAYER TOP This will be your base layer and should be "lightweight or silk weight" synthetic or wool. No cotton. ☆ <i>Weight: 5 - 8oz / 140 - 225g</i> ☆ <i>Materials: Synthetic, wool</i> ☆ <i>Examples: AAI's synthetic t-shirt, Outdoor Research Essence Zip Top, Patagonia Lightweight Capilene</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>BASE LAYER BOTTOM <i>Not required July - September.</i> Look for the same features of your Base Layer Top. They should fit comfortably under your trekking pants. One pair is sufficient. ☆ <i>Weight: 5 - 8oz / 140 - 225g</i> ☆ <i>Materials: Synthetic, wool</i> ☆ <i>Examples: Patagonia Capilene, Mammut Go Dry, Rab PowerStretch Fleece</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>HIKING PANTS Look for synthetic lightweight hiking or climbing pants. This will be your outermost layer most of the time for your legs. A thigh pocket is a useful feature for storing small items. Your base layers need to fit under these pants comfortably. Your pants should not restrict your range of motion ☆ <i>Weight: 16 - 30oz / 450 - 850g</i> ☆ <i>Materials: Schoeller, Powershield, Powerdry or similar</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>2nd LAYER TOP <i>Not required July - September.</i> A lightweight fleece or wind shirt. A chest pocket is a helpful feature.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

<p>★ <i>Weight: 13 - 16oz / 368 - 454g</i> ★ <i>Materials: Nylon, micro weave fabrics, fleece, wind stopper</i> ★ <i>Examples: Patagonia Houdini, OR Marvel, Rab PowerStretch Fleece, Patagonia R1</i></p>	
<p><u>SOFT SHELL JACKET</u> A thin, light, stretchy, breathable but wind and snow-resistant layer that is comfortable to wear is ideal. This will be your “action” layer and the outer layer you will spend most of your time in. Hoods are optional but highly recommended. Size your jacket to be trim fitting, but large enough to fit over your base and second layers. Light to moderate insulation/thickness is recommended. This layer will go over your base and insulation layers, but under your shell and parka. No waterproof coated nylon, as it is not breathable. ★ <i>Examples: Patagonia Houdini, Rab Cirrus Wind Top, Rab Vapor Rise Lite-Alpine, Mountain Equipment Squall</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>SOFT SHELL PANT</u> Look for the same features as your soft shell jacket. This will be your outermost layer most of the time for your legs. A thigh pocket is a useful feature for storing small items. Your base layers need to fit under these pants comfortably. ★ <i>Weight: 8 - 20oz / 227 - 566g</i> ★ <i>Materials: eVent, Gore-tex, h2No, or similar</i> ★ <i>Examples: Patagonia Guide, Black Diamond Alpine, Arc’Teryx Gamma, Mountain Equipment Comici</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>WATERPROOF/ BREATHABLE SHELL JACKET</u> Choose the lightest, most packable, waterproof shell that will still get the job done. Avoid extra pockets (one or two chest pockets is all you need,) 3 - layer Gore-Tex and hanging linings. Your hood should fit over your climbing helmet. Your shell should be sized to comfortably fit over your other base and mid-layers (minus your insulating layers.) ★ <i>Weight: 8 - 20oz / 227 - 566g</i> ★ <i>Materials: eVent, Gore-tex, h2No, or similar</i> ★ <i>Examples: Rab Latok Alpine, Patagonia M10, Marmot Precip, Mountain Equipment Ogre</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>SHELL PANT</u> <i>Not required July - September.</i> Made of waterproof/ breathable material, your lightweight shell bottoms should have full or hip-length side zips. This garment should be extremely lightweight and packable. A zipper fly is a nice optional luxury. ★ <i>Weight: 8 - 20oz / 227 - 566g</i> ★ <i>Materials: eVent, Gore-tex, h2No, or similar</i> ★ <i>Examples: Mountain Equipment Narwhal or Odyssey, Patagonia Torentshell</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>LIGHT INSULATING LAYER</u> The goal for this piece is to add warmth to your internal layering system. Depending on your clothing system and the environment you are in, you may fit this underneath your shell gear (e.g. fleece sweaters) or over your shell gear (lightweight insulated jackets). If choosing fleece pick modern fleece garments with waffle-grid patterns and avoid “windproof fleece” as it is not breathable enough. The weight and design of this piece will vary based on the other items of clothing that you bring. ★ <i>Weight: 10 - 14oz / 280 - 400g</i> ★ <i>Materials: Primaloft, down</i> ★ <i>Examples: Patagonia Nano Puff or Nano Air Hoody, Rab microlight Alpine, Arc’Tryx Atom LT Hoody, OR Cathode Hoody</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

<p><u>MID-WEIGHT INSULATION JACKET</u> <i>Not required July - September.</i> A warm puffy jacket with an optional hood. These come in many shapes, sizes and temperature ratings and are often called “belay jackets.” If you tend to get cold easily, opt for a slightly warmer more substantial parka. ★ <i>Weight: 20 - 40oz / 566 - 1133g</i> ★ <i>Fill Materials: Primaloft, down</i> ★ <i>Shell Material: nylon epic eVent</i> ★ <i>Examples: Patagonia DAS Parka, Montbell Flatiron Parka</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>T-SHIRT</u> Light colors are best. This shirt can be synthetic or cotton. If you plan to hike in it, synthetic is better. A cotton shirt can be a nice break from the synthetics while at camp. ★ <i>Weight: 3 - 7oz / 85 - 200g</i> ★ <i>Materials: Synthetic, cotton, blends</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>SHORTS</u> Lightweight shorts are nice for warm days. ★ <i>Weight: 4 - 8oz / 110 - 227g</i> ★ <i>Materials: Nylon</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>MIDWEIGHT/ SCHOELLER/ LEATHER GLOVES</u> The most desirable glove is one that is comfortable and dexterous, so that it can be worn all day. It should be durable enough (leather palms) to handle ropes, ice axes, and a bit of rock scrambling. <i>Choose a mid-weight model for early/late season climbing (October - June).</i> ★ <i>Weight: 4 - 8oz / 110 - 200g</i> ★ <i>Materials: Softshell, windstopper fleece, leather or similar</i> ★ <i>Examples: Petzl Cordex Plus Gloves, Mountain Equipment Super Alpine Glove</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>BEANIE HAT/ TOQUE</u> Bring a thin, warm hat that will fit under your climbing helmet. ★ <i>Weight: 6 - 10oz / 56 - 112 grams</i> ★ <i>Materials: Fleece, wool, windstopper, or similar</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>SUN HAT</u> A baseball cap or visor serves well. Models with a “tail” are recommended for increased sun protection. ★ <i>Materials: Nylon or similar</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>LIGHTWEIGHT BALACLAVA/ BUFF</u> A balaclava is a warm hat that can be pulled over the head to the shoulders. It completely covers the head except for an opening for the face. It should provide excellent wind protection for the chin, ears and neck. A Buff can substitute for this. ★ <i>Materials: Powerstretch, fleece, polypro, windpro</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>POST-CLIMBING CLOTHING</u> A clean set of clothing is an excellent item to leave in the vehicle to change into upon your return.</p>	<input type="checkbox"/> Own
<h2>Hiking Equipment</h2>	
<p><u>TREKKING POLES</u> <i>At least one or two poles are strongly recommended.</i> Even if you don’t normally use trekking poles, they help with balance while carrying heavy pack on mountainous terrain and crossing streams.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

<p><u>INTERNAL FRAME CLIMBING PACK</u> 40-60 liters (2440-3660 cu. in.) is ideal. Internal frame only! ★ <i>Weight: 3.0 - 6.5lbs / 1.6 - 2.9kg</i> ★ <i>Examples: Black Diamond Speed 40 or 55, Arc'Teryx Alpha FL 45, Cold Cold World Valdez, CiloGear 40L Worksack, Gregory Alpinisto 50</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>SUMMIT PACK</u> This is a 10-18 liters daypack used for trekking and as a summit pack. ★ <i>Weight: 18oz or less / 680g or less</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>HYDRATION</u> 2 liters of water capacity minimum. Hydration bladders with appropriate accessories are recommended.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>WATER PURIFICATION</u> Bring tablets or liquid purification. Filters are heavy and should not be used.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>SUNSCREEN</u> With SPF 30 or higher. A couple of 1oz. Tubes are adequate work better than one large one. For the fair skinned, the higher the SPF, the better.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>LIP PROTECTION</u> Chapstick with highest SPF available is recommended.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>SUNGLASSES</u> Choose a model with 100% UVA/UVB protection. Keeper strings like “Croakies” are useful to prevent dropping your glasses while climbing. Those using contact lenses should bring a pair of prescription glasses if available.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>HEADLAMP</u> Choose a small, high output LED model that runs on AAA batteries. Bring one set of extra batteries. Flashlights and older halogen headlamps are not acceptable.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>PERSONAL MEDICAL KIT</u> For sunburn, blisters, headaches, and minor cuts and scrapes. Please include duct tape, moleskin, bandages, and prescription at a minimum.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>TOILETRIES</u> Bring a toothbrush, toothpaste, floss, and hand sanitizer. Bring half a roll of toilet paper or less.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>GARBAGE BAGS</u> Bring one large bag to line your backpack and to pack out garbage. Trash compactor bag, if available are more durable.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<h2>Climbing Equipment</h2>	
<p><u>CLIMBING HARNESS (R)</u> For alpine climbing, choose a harness with adjustable leg loops and a belay loop. Make sure it fits your body when wearing bulky clothing. Gear loops are desirable features. ★ <i>Weight: 6 - 16oz / 170 - 453g</i> ★ <i>Examples: Black diamond Blizzard, Arc'Teryx A 300a</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> Rent
<p><u>CLIMBING HELMET (R)</u> Must be UIAA approved for climbing and in good condition. Kayak or bicycle helmets are not acceptable.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> Rent

<p>★ <i>Examples: Black Diamond Half Dome, Petzl Elios</i></p>	
<p><u>CLIMBING SHOES</u> 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.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>LARGE LOCKING CARABINER</u> At least four total. Two must be large, pear shaped (or Münter) locking carabiners. Wiregate non-locking carabiners work well for the remaining two.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>BELAY DEVICE</u> Bring and autoblocking device, like a Petzl Gri-Gri or Trango Synchron.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>SWEN RUNNER/ SLING</u> We require one sewn nylon, double shoulder-length sling. Should be 120cm (48 in) in length. Thinner spectra/dyneema slings are not recommended.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>CHALK BAG AND CHALK</u></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>ROCK CLIMBING RACK</u> <i>Optional.</i> This generally includes an assortment of wired nuts, cams, hexes, nut tool etc. Bring what you have, if you don't own any trad gear, we will provide this for you during the course.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>STEEL CRAMPONS (R)</u> <i>Not required July - September.</i> Only modern strap on, step-in, or 'new-matic' crampons are acceptable. New-matic models are preferred. Step-in crampons are easier to put on with cold fingers but they are not compatible with all boots. Anti-balling plates are highly recommended. Rigid crampons have limited application to the mountains and are usually used strictly for steep waterfall ice. Older Scottish style strap-on crampons are not adequate. ★ <i>Examples: Petzl Irvis, Black Diamond Contact Strap, Grivel G12</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> Rent
<p><u>ICE AXE (R)</u> <i>Not required July-September.</i> A variety of axes are suitable. Bring one that is 60 cm max – if you are over 6 in. (50 cm to 55 cm preferred). A 'positive clearance' pick is preferred. Ice axe leashes are optional. ★ <i>Objective-dependent in summer months; talk with your Program Coordinator or guide to confirm. Required in winter months.</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> Rent
<h2>Camping Equipment</h2>	
<p><u>TENT</u> <i>From Oct-May, a lightweight, three-season, two-person tent is recommended.</i> It should be able to withstand short, but intense rain storms. Single-wall models are lighter, but suffer from more condensation than heavier double wall models. Generally, your shelter should weigh no more than 3 lbs. per person. ★ <i>Weight: 3.5 - 5.5lbs / 1.6 - 2.5kg</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>BIVY SACK (R)</u> From June-September, a bivy sack may be used in place of a tent. ★ <i>Contact your Program Coordinator or guide for specific recommendations for your trip.</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> Rent

<p><u>SLEEPING BAG</u> Rated to around 20°F from late June to mid-September. Bring a 15° to 20° for early and late season trips. Down is preferred. To help keep your sleeping bag dry, bring an extra large garbage bag with you to line your sleeping bag stuff sack and use for storage in the tent. ★ <i>Weight: 16 - 42oz / 453 - 1200g</i> ★ <i>Materials: Down, Primaloft, Polarguard 3D</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>COMPRESSION STUFF SACK</u> Used to shrink you sleeping bag into the smallest size possible. ★ <i>Weight: 2 - 4oz / 56 - 110g</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>SLEEPING PAD</u> Please bring a patch kit for inflatable pads. ★ <i>Weight: 8 - 20oz / 225 - 565g</i> ★ <i>Examples: Thermarest Air Neo, Exped Down Mat, Sea to Summit Comfort Lite</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>STOVE</u> Liquid fuel or canister stoves are acceptable. We'll likely pair up on stoves at the Rendezvous to save weight. ★ <i>Examples: MSR Whisperlite, Jetboil, MSR Reactor</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>FUEL</u> White gas or gas canister. 22oz of white gas or two 8oz canisters are usually sufficient. ★ <i>Fuel is available to purchase at the rendezvous for your course</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>FUEL BOTTLE</u> For use with liquid fuel stoves. Leak-proof bottles designed for your specific stove such as Sigg or MSR are best.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>POT</u> One 1 1/2 - 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. ★ <i>Materials: Titanium, aluminum</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>EATING UTENSILS</u></p> <ul style="list-style-type: none"> ● Spoon: Bigger is better. Lexan is lighter, but metals spoons are more durable. Consider bringing a spare if you go with Lexan. ● Thermal mug: 16-20oz with a lid. A 16oz wide mouth Nalgene is a favorite amongst our guides. ● Bowl: A lightweight Tupperware-type bowl is recommended. Avoid metal bowls, they are expensive, prone to tipping over, and make your food get cold very fast (or burn your hands when you are eating soup). 	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>LIGHTER</u> Bring two. <i>Note: lighters are no longer acceptable in checked baggage when flying.</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>FOOD</u> You are responsible for planning your meals for the duration of this program. We have included meal planning guidelines in your program packet. ★ <i>Please call our office for additional guidance in the food planning and packing process. Keep in mind that it you are required to keep all of your food and toiletry items in a bear can.</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>REPAIR KIT</u> At a minimum this kit should include: ★ <i>A stove repair kit (designed for your stove)</i> ★ <i>Thermarest repair kit (for Thermarest pad users)</i> ★ <i>10-20 feet of lightweight nylon cord</i> ★ <i>A small sewing kit</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

<p>★ <i>Duct tape (wrapped on water bottles or trekking poles)</i></p> <p>★ <i>An extra waist buckle for your pack</i></p>	
<p>MULTI-TOOL</p> <p>Bring one of you have one. Any multi-tool similar to a Leatherman is great. One can be shared amongst tent-mates.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Other Optional Items</p> <p>The items listed 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.</p>	
<p>SANDALS/ FLIP FLOPS/ CROCS</p> <p>These are great for relaxing in camp in the evenings.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>CAMERA</p> <p>We recommend a small point-and-shoot camera that can easily be carried in a convenient to reach zipper-pocket. Though some climbers bring them, SLR cameras require special care because of weight, bulk, and fragility. Smartphone cameras have come a long way and are also becoming a convenient standard.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>HANDIWIPES</p> <p>AKA the mountain shower. For personal hygiene <u>and</u> general use.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>BANDANA</p> <p>A cotton bandana has many uses on the mountain.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>ENTERTAINMENT</p> <p>Books and cards are great for evenings in the tent.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>EAR PLUGS</p> <p>Defense against snoring and high winds in the area.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>FOOT POWDER</p> <p>A very small bottle will allow you to treat your feet daily, keep them dryer, extend the life of your socks, and help you avoid blisters/rashes from chronic wet feet.</p> <p>★ <i>Weight: 1 - 2oz / 28 - 56g</i></p> <p>★ <i>Examples: Gold Bond, Dr. Scholls</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

Additional Details:

The Equipment Shop at the American Alpine Institute The Equipment Shop at the American Alpine Institute provides clothing and equipment for purchase, rental gear, and advice. Shop staff members are great climbers themselves and deeply involved in evaluating and testing gear. They are considered by many outdoor gear manufacturers to be the most expert in the country. They thoroughly understand the needs of climbers who will be rock climbing, ice climbing, mountaineering, or exploring the world on international expeditions.

Please consider our staff members part of your resource team in preparing for your trip. AAI Equipment Specialists are on hand to consult with you on specific gear needs, to answer questions on the latest equipment and innovations, and to make recommendations on best choices of clothing and equipment. They can assure that you are equipped with the best possible gear for your climbs. And if you have any difficulty determining if some particular items of clothing or equipment you already own will serve you well on a particular trip, they can help you answer that question.

Guides Choice International Field Testing

The Equipment Shop at the American Alpine Institute also administers AAI's prestigious [Guide's Choice Award](#). Equipment and clothing that have been awarded the Guides Choice designation have proven to be the top item in their product category. The awards are made on the basis of excellence in design, performance, and durability demonstrated in rigorous international field tests carried out by the professional guides of the Institute.

Call or E-mail the Equipment Shop for Advice or Gear

Please feel free to contact us and to let us help you get ready for your climbing 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.

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