



American
Alpine Institute

The Spirit of Alpinism

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BEGINNER ROCK CLIMBING, MT. ERIE

Bellingham, WA

EQUIPMENT CHECKLIST

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.

PROVIDED EQUIPMENT: Climbing rope, anchors, solid waste bags

Please be sure to check the forecast several days prior to your course to ensure that you are properly prepared.

[NOAA Mt. Erie Weekly Forecast](#)

Call or E-mail the Equipment Shop for Advice on 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.

Clothing	Packing Checklist
<p>Beanie/Toque Only recommended if the weather is cold. Wool or synthetic, must fit under helmet.</p>	<p><input type="checkbox"/> Own <input type="checkbox"/> Buy</p>
<p>Sun Hat Preferred to fit under helmet.</p>	<p><input type="checkbox"/> Own <input type="checkbox"/> Buy</p>
<p>Sunglasses Choose a model with UVA/UVB protection. Keeper strings like “Crookies” are useful to prevent dropping your glasses while climbing.</p>	<p><input type="checkbox"/> Own <input type="checkbox"/> Buy</p>
<p>Sports Bra Wool or synthetic, comfortable, active wear.</p>	<p><input type="checkbox"/> Own <input type="checkbox"/> Buy</p>
<p>Base Layer or T-Shirt Wool or synthetic shirt, UPF 30+ rated clothing recommended.</p>	<p><input type="checkbox"/> Own <input type="checkbox"/> Buy</p>
<p>Active Insulation Layer Lightweight “gridded fleece” or lightweight down or synthetic insulated jacket. Hood preferred. ☆ <i>Weight: 250g-350g ideal weight.</i></p>	<p><input type="checkbox"/> Own <input type="checkbox"/> Buy</p>
<p>Soft Shell Jacket or Windshirt A soft shell is a weather resistant, breathable, and stretchy freedom of movement piece. This piece is versatile in the sense of movement. It is often called an “action layer.” It is weather resistant, meaning it can put up with light showers and wind. Also if it gets wet it dries fairly quickly. This enables you to not have to stop and put on another piece when the wind picks up or a light shower happens. Because it is water resistant, and not waterproof, it also breathes fairly well. This enables you to move without overheating, so you don’t have to constantly stop to change out layers to regulate body temperature. They are also made of a stretchy material so there are no restrictions to your movement during activity. Put all those together and you have a pretty versatile layer, the Soft Shell. Hood preferred. ☆ <i>Materials: Exolite, Matrix, Schoeller</i> ☆ <i>Windshirt: Patagonia Houdini or similar.</i></p>	<p><input type="checkbox"/> Own <input type="checkbox"/> Buy</p>
<p>Rain Jacket In the event of rain, a lightweight waterproof jacket will help protect you from the elements. Your hood should fit over your climbing helmet. ☆ <i>Materials: Gore-Tex, eVent, Drilite, H2NO, Pertex Shield</i></p>	<p><input type="checkbox"/> Own <input type="checkbox"/> Buy</p>
<p>Undergarments Wool or synthetic.</p>	<p><input type="checkbox"/> Own <input type="checkbox"/> Buy</p>
<p>Climbing Pants Thin, weather-resistant, breathable, and stretchy AKA softshell pants recommended. Any light to mid-weight comfortable pants that don’t restrict movement will work.</p>	<p><input type="checkbox"/> Own <input type="checkbox"/> Buy</p>

<p>Shorts Optional. Can be nice to have when the weather is fair.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Comfortable Walking Shoes Running shoes or lightweight approach shoes are preferred. Sandals, “Crocs,” or flip-flops are not appropriate.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<h2>Climbing</h2>	
<p>Harness Make sure the harness has a belay loop and gear loops. When sizing make sure it can fit over your clothing layers when you have multiple layers on.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> Rent*
<p>Helmet Must be UIAA rated for climbing.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> Rent*
<p>Rock Shoes Focus on comfort, so they can be worn all day. Avoid technical or aggressive rock shoes with a downturn. Avoid curled toes when sizing.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> Rent*
<p>Carabiners Must be UIAA rated for climbing. -One large pear shaped munter-style locking carabiner if you have one.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<h2>Other Essentials</h2>	
<p>Day Pack 25L to 35L is an ideal size. To put all of your equipment in.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Hydration At least 1L of water is recommended, though some people need more and some people need less. Hard bottles or hydration packs like CamelBak are okay.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Food Please arrive with food for the day.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Hand Sanitizer and/or Wet Wipes Used after going to the bathroom and before eating.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Sunscreen SPF 30+, zinc based is preferred. Small travel size tubes are recommended so you can put them in a close by pocket for easy access.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

<p>Lip Balm Make sure it is SPF rated.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<h2>Other Optional Items</h2>	
<p>Chalk Bag and Chalk</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Belay Gloves Lightweight and breathable glove with a durable leather palm. They protect your hands from rope burn, pinching, and sharp elements.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Insect Repellent Biting insects such as mosquitoes and blackflies can be prevalent during different times of the season depending upon conditions and location. This is a nice item to have just in case.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Camera Phone cameras or small point-and-shoot cameras are preferred.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Comfortable Clothing and Footwear Breathable footwear -- like flip-flops -- as well as some comfortable cotton clothing can be nice to change into after your climb.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Women's Specific Items</p> <p>Female Urination Device Pee funnel such as the GoGirl or Freshette. Many female guides prefer a rigid pee funnel.</p> <p>Click here for more info</p> <p>Menstruation Collection Cup There are many things to consider concerning backcountry menstruation.</p> <p>Click here for more info</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy