



American
Alpine Institute

The Spirit of Alpinism

www.alpineinstitute.com

info@alpineinstitute.com

Equipment Shop: 360-671-1570

Administrative Office: 360-671-1505

1515 12th st

Bellingham, WA 98225

SINGLE PITCH INSTRUCTOR COURSE & EXAM

EQUIPMENT CHECKLIST

Red Rock, NV

The program locations for the Single Pitch Instructor course have been chosen to provide the participants with an ideal learning environment. Many of the areas were selected for their mild weather conditions and easy access to crags. You can expect daytime temperatures to be between 50 and 80 degrees fahrenheit and night time lows to be in the 30s-40s.

Participants will be able to lodge in hotels near the crag, or stay at nearby campgrounds. Food can be purchased at grocery stores before and during the course.

Red Rock: 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 (October and November), when climbing conditions are at their best, daytime highs often climb to 80°F with nighttime lows near 40°F to 50°F. 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. The weather can be breezy, especially high on rock routes.

[NOAA Red Rock Canyon Weather](#)

At AAI, we take equipment and its selection seriously. Our Equipment Services department is expertly staffed by climbers, skiers and guides. We only carry products in our store that have been thoroughly field tested and approved by our guides. This process ensures that all of the equipment that you purchase from AAI is best suited to your course and future mountain adventures. With this in mind, not all of the clothing layers listed below may be needed for your program. Check the weather beforehand and if you are unsure about what items to bring please do not hesitate to reach out to us.

Call or Email the Equipment Shop for Advice on Gear

Please feel free to contact us to 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.

Call: (360) 671-1570 Email: shop@AlpineInstitute.com

Equipment Shop Website: Shop.AlpineInstitute.com

Also, Please be sure to check the forecast of your course location several days prior to the start date to ensure that you are properly prepared.

Clothing	Packing Checklist
<p>Sun Hat Ideally fits under your climbing helmet. Baseball style hats with a button on top are generally not recommended. Visors or athletic hats from companies like Ciele or Skida are substantially more comfortable, vent better, and are easier to clean and dry out.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Sun Glasses Preferably with UVA/UVB protection</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Headlamp Bring extra batteries, or if it has a rechargeable battery, make sure and bring a charger. 200-350 Lumens is an ideal range. ★ <i>Example : Petzl Swift RL, Petzl Actik Core</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Sun Hoody A lightweight, wool or synthetic sun hoody is ideal. Look for one with UPF 30+ sun protection. UPF Clothing protects better from the sun than sunscreen. ★ <i>Examples: Patagonia Capilene Cool Daily Hoody, Outdoor Research Echo, Rab Pulse</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Active Insulation Layer Lightweight “gridded fleece” or lightweight synthetic insulated jacket. Hood preferred. ★ <i>Active insulation jacket weight at 40g/m2 and heavier Insulation jacket at 60g/m2 or 80g/m2</i> ★ <i>Example: Patagonia R1, Patagonia Nano Air, Arc’teryx Proton LT</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Soft Shell Jacket or Windproof Jacket A soft shell jacket is considered an ‘action layer’. Its materials are designed to stretch and breathe while also maintaining wind and water resistance. This allows the user to leave this jacket on for a wide range of temperatures and conditions throughout the day, without the hassle of constantly changing layers. Wind proof jackets are lightweight and packable, but lack the breathability and stretchy nature of the soft shell. Windproof jackets are ideal for blocking wind and light precipitation during low output activities. ★ <i>Example SoftShell: Black Diamond Alpine Start Hoody, Rab Borealis, Patagonia Houdini Air.</i> ★ <i>Example Windproof Jacket: Patagonia Houdini, Arc’teryx Squamish Hoody,</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Insulation Jacket AKA the “puffy.” Down or Synthetic. This piece is worn in cold conditions or when not moving. Hood preferred. If choosing Down, water-resistant Down treatment is preferred to help prevent matting and loss of insulating ability if the jacket gets wet. ★ <i>Example: Arc’teryx Nuclei FL, Patagonia DAS light, Patagonia Down Sweater, Arc’Teryx Cerium LT.</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Hard Shell Jacket (Waterproof Rain Jacket) Non-insulated jacket with a waterproof and breathable membrane. 3-layer construction is recommended. It must have a hood, ideally a helmet compatible hood. When sizing make sure it can fit over other layers. Ski jackets are discouraged because they are usually not waterproof and have heavy insulation. ★ <i>Materials: Gore-Tex, eVent, Drilite, H2NO, Pertex Shield</i> ★ <i>Example: Patagonia Torrentshell, Arc’Teryx Alpha AR, Mountain Equipment Lhotse.</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

<p>Sports Bra Wool or synthetic, comfort is key. Avoid bras with adjusters and clasps that could get compressed by your pack straps. Racerbacks are popular options for keeping straps in place. ★ <i>Examples: Girlfriend Collective Topanga, Vuori Elevation.</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Undergarments Wool or synthetic. Long, compression style undergarments can help reduce inner thigh chafing.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Soft Shell Pant Thin, breathable, and stretchy. ★ <i>Example: Patagonia Altvia, Mountain Equipment Ibex, Arc'teryx Gamma FL</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Hard Shell Pant (Waterproof Rain Pants) : Optional Non-insulated, waterproof and breathable membrane. Full side zips are recommended. ★ <i>Example : Patagonia Torrentshell, Arc'Teryx Beta Pant</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Socks Wool or synthetic socks that are at least mid calf height. ★ <i>Example : Darn Tough Coolmax Lightweight</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Approach Shoes Made with sticky climbing rubber, used for approaches to and from the rock climbing areas as well as for climbing some of the easier routes. ★ <i>Example Approach: La Sportiva TX4, TX2, Scarpa Rapid</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<h2>Climbing</h2>	Packing Checklist
<p>Harness Make sure the harness has a belay loop and gear loops. When sizing, it should fit over your clothes when you have multiple layers on. A more robust harness is ideal for this program. ★ <i>Example: Petzl Adjama, Arc'Teryx AR-395a</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Helmet Must be UIAA rated for climbing. Be aware that foam, break-away style helmets like the ones listed below are susceptible to damage if being loaded in a checked bag. ★ <i>Example : Petzl Meteor, Black Diamond Vision.</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Climbing Rope 60-meter dynamic climbing rope. Ideal diameter 9.4-10mm. ★ <i>Example : Mammut crag classic 9.8</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Static or Semi-Static Rope 30 to 60-meter static rope for setting up anchors and fixed lines. Can be bought by the foot at most outfitters. A longer (50-60 meter line) tends to work the best in most situations. Ideal diameter 9-10mm. Avoid extremely stiff static lines. ★ <i>Example : Sterling Safety Pro 9.0</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Slings Bring at least one pre-sewn <u>nylon</u> sling 48in.(120cm) in your kit. Other slings do not need to be nylon. Include as many additional 48in and 24in slings as you might need for a moderate traditional lead and anchor building exercises. ★ <i>Example : Mammut Contact, Black Diamond Nylon Runner</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

<p>Cordelette Bring two. 21-foot lengths of 7mm accessory cord. ★ <i>Example : Bluewater Accessory Cord</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Belay Device Auto-blocking device that accepts two ropes. ★ <i>Example : Black Diamond ATC Guide, Petzl Reverso</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Assisted Braking Device For belaying. Gri Gri preferred. ★ <i>Example: Petzl GriGri</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Carabiners Must be UIAA rated for climbing. - Six large pear shaped munter-style locking carabiners. - Enough non-locking carabiners to build traditional anchors and lead easy traditional climbs. ★ <i>Example : Petzl Attache, Camp Photon Wire</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Rappel Backup The Sterling hollow Block or Beal Jammy are recommended for their heat resistant properties. A 4ft length of 6mm nylon accessory cord will also suffice. If you have two, bring them. ★ <i>Example : Beal Jammy 35mm, Sterling HollowBlock2 13.5</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Nut Tool For assisting in the removal of traditional protection.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<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. ★ <i>Example : La Sportiva Tarantulace, La Sportiva TC Pro</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Chalk Bag and Chalk Optional, nice to have for hot days.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Belay Gloves Lightweight and breathable gloves with a durable leather palm are ideal. ★ <i>Example : Petzl Cordex</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Day Pack 30L to 50L is a recommended size range. Ideally fits all of your necessities for the day including climbing equipment. ★ <i>Example : Black Diamond Mission 55, Black Diamond Creek 50, Blue Ice Warthog 45</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Rock Climbing Rack A rack is commonly an assortment of different types of equipment. A single rack is required. A double rack will provide candidates with more options. Mark your gear so it doesn't get mixed up. Nailpolish is the best way to permanently mark your gear, tape is strongly discouraged as it tends to fall off and become trash.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

Camping	Packing Checklist
<p>Please note that the areas where this program takes place can be busy. If you intend to camp, campground reservations are strongly recommended far in advance.</p> <p><input type="checkbox"/> Reservation Made</p> <p><input type="checkbox"/> Reservation needed</p>	
<p>Tent A 3 season tent is appropriate for this course. ★ <i>Example 3-Season : Big Agnes Copper Spur, REI Half Dome</i></p>	<p><input type="checkbox"/> Own</p> <p><input type="checkbox"/> Buy</p>
<p>Sleeping Bag Synthetic or Down. 20°F to 30°F (-6°C to -1°C) is an appropriate temperature rating for this course's camp location. ★ <i>Example : Mountain Equipment Fireflash (5), Western Mountaineering Alpinlite (20), Rab Mythic Ultra 180 (32)</i></p>	<p><input type="checkbox"/> Own</p> <p><input type="checkbox"/> Buy</p>
<p>Sleeping Pad One inflatable or closed cell foam pad. ★ <i>Example : ThermaRest XTherm</i></p>	<p><input type="checkbox"/> Own</p> <p><input type="checkbox"/> Buy</p>
<p>Stove and Fuel Liquid fuel or canister stove. ★ <i>Example : Soto Windmaster, MSR Windburner</i></p>	<p><input type="checkbox"/> Own</p> <p><input type="checkbox"/> Buy</p>
<p>Pots Bring one 0.5L to 2L pot depending on what you are planning to cook. ★ <i>NOTE: If you have a complete stove system like the Jetboil or MSR Reactor, and plan on eating out of your integrated pot, then you do not need to bring another pot.</i></p>	<p><input type="checkbox"/> Own</p> <p><input type="checkbox"/> Buy</p>
<p>Utensils Don't forget the official "most forgotten item ever;" the spoon, or spork. Long-handled spoons make stirring hot liquids safer, and metal ones tend to not break as easily in cold temperatures.</p>	<p><input type="checkbox"/> Own</p> <p><input type="checkbox"/> Buy</p>
<p>Bowl Bring one. ★ <i>NOTE: If you have a Jetboil or MSR Reactor type stove and plan on eating out of your integrated pot, then you don't need to bring a bowl. The same applies if you plan on only using commercially packaged dehydrated or freeze dried meals.</i></p>	<p><input type="checkbox"/> Own</p> <p><input type="checkbox"/> Buy</p>
<p>Lighters For cooking at camp</p>	<p><input type="checkbox"/> Own</p> <p><input type="checkbox"/> Buy</p>
<p>Hydration 2L-3L capacity is recommended. A common approach is to bring a 2 liter bladder and a 1 liter hard sided bottle. ★ <i>Example : Nalgene 32 oz bottle, Hydrapak Seeker 2-3L, MSR Dromedary 4-8L</i></p>	<p><input type="checkbox"/> Own</p> <p><input type="checkbox"/> Buy</p>

<p>Food You are responsible to bring your own food for the duration of the course. Please consult our meal planning page.</p> <p>You should arrive on the first morning of your course with three days of front country food.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<h2 style="margin: 0;">Other Essentials</h2>	
<p>Course Reading Material <i>Rock Climbing: The AMGA Single Pitch Manual</i> by Bob Gaines and Jason D. Martin is the required text for this course. It is best to purchase this and study it ahead of time (especially the knots). But if you do not have time to purchase a copy, please notify your instructor before they travel to meet you on the course.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Pencil/Pen and Notebook A normal pencil or pen is fine, but some choose to use rite-in-the-rain notebooks, or take notes in their phones. The drawback with a phone is that it's harder to draw pictures of systems.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Toothbrush and Toothpaste Travel size recommended.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Hand Sanitizer and/or Wet Wipes Required. Used after going to the bathroom and before eating. Wet wipes can be used for the "mountain shower."</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Toilet Paper The provided solid waste bags have a small amount of toilet paper with them, but most people do not find this to be adequate. Estimate how much you'll need for a program of this length and place that in a plastic zip lock bag. An extra zip lock bag can be helpful for pack-out of used paper. If you plan to use wet wipes, be wary of scented or exfoliating types as these can be an irritant for some people.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Pee Cloth (optional) A reusable, antimicrobial pee cloth. Used in place of toilet paper or wet wipes for cleanup. ★ <i>Example : Kula Cloth</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Urination Devices (optional) Pee funnels such as the GoGirl or Freshette. Rigid pee funnels hold their shape better. Used in conjunction with a pee bottle, or while on a rope team. These can help mitigate the need to squat. ★ <i>Example : Freshette</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Menstrual Cup (optional) There are many things to consider about backcountry menstruation, click on the link below for more information. Click here for more info ★ <i>Example : Diva cup, Saalt, Lunette</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Sunscreen At least 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. ★ <i>Example : ZBlok 45, 2oz containers are a nice size.</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

<p>Lip Balm Make sure it is SPF rated. <i>★ Example : Blistex Gold Five Star Protection SPF 30</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Personal First Aid Kit</p> <ul style="list-style-type: none"> <input type="checkbox"/> Band aids <input type="checkbox"/> Blister treatment <input type="checkbox"/> Prescription drugs <input type="checkbox"/> Ibuprofen etc. <input type="checkbox"/> If you wear contacts make sure and have spares if you can't see without them. 	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Repair Kit</p> <ul style="list-style-type: none"> <input type="checkbox"/> Inflatable sleeping pad patch kit <input type="checkbox"/> Duct tape (Can be wrapped around trekking poles or water bottle. Gorilla Tape tends to be the best brand for the mountains.) <input type="checkbox"/> Zip ties <input type="checkbox"/> 6-10 ft of 3mm accessory cord <input type="checkbox"/> 2 Trash bags that are big enough to line the inside of your pack with. 	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<h2 style="margin: 0;">Other Optional Items</h2> <p><i>The items below are not required, although many are nice "luxury" items that can make your expedition more enjoyable. Remember that a few ounces here and there add up to extra pounds on your back and knees during your expedition.</i></p>	
<p>Entertainment Books, games, cards, music player, kindle, ect. For evenings or rainy days in the tent.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Portable Charging Device Phone charger, battery pack, or solar panel. You are responsible for your alarm clock each morning, if you are going to use your phone be sure you have enough power to accommodate for this. <i>★ NOTE: Solar panels should only be used to charge battery packs. Battery packs should be used to charge devices. Inappropriate use of a solar panel could lead to the depletion of a device's power.</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Ear Plugs For defense against snoring and high winds.</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. Sometimes even a headnet is a nice item to have.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Camera Phone cameras or small point-and-shoot cameras are preferred. SLR cameras are not recommended due to their size and bulk.</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 you get back to the van.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Car Charger Consider bringing an extra battery pack as well, having a lot of people using car charger cables is difficult.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy