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## Multi-Day Ice Climbing and Winter Mountaineering

Rocky Mountain National Park, CO

### EQUIPMENT CHECKLIST

It is essential that you do a careful job in selecting and preparing your equipment for this course. The weather in the mountains is a major objective hazard, even in the summer, and in the winter it can present extreme challenges to survival. We will not head into the mountains until everyone has appropriate equipment. Showing up unprepared can result in a delayed start to the trip or an altered itinerary. For your own comfort and safety, please take this list seriously and come in good physical condition. If you have any questions about choosing your gear, feel free to call the Colorado Program Coordinator and ask for advice.

The equipment you bring must function well in a wide variety of conditions. Your clothing should be warm, lightweight, dry quickly, and allow good freedom of movement. The layering principle, based on several thin layers of insulation (rather than one thick one) meets these needs well. As a general rule you should not bring more clothing than you can wear at one time. With the exception of extra socks and hand wear, avoid duplicating layers. Backcountry skiing and climbing is always a challenge. Travel light to make your experience more enjoyable.

**CLIMATE:** Temperatures typically range from the teens to below zero and be accompanied by high winds and blowing snow.

**GROUP GEAR:** If you are joining a public course, participants often pair up before the course or at the rendezvous to discuss sharing the use of tents and stoves in order to save weight.

**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. 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.

**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><b>HIGH ALTITUDE/COLD WEATHER MOUNTAINEERING BOOTS</b></p> <p>AAI recommends current or recent models of insulated, <i>full shank</i> mountaineering boots of double boot construction or a single boot with a built in gaiter.</p> <p>★ <i>Shell Materials: Synthetic, leather</i></p> <p>★ <i>Examples: <a href="#">La Sportiva's Nepal Cube GTX</a>, <a href="#">Scarpa Phantom Tech</a></i></p> <p>★ <i>NOTE: There are many of makes and models out there and not all are created equal. Please consult 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><b>SOCKS</b></p> <p>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.</p> <p>★ <i>Materials: Wool or synthetic are ideal</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><b>UNDERGARMENTS</b></p> <p>To wear under your base layer.</p> <p>★ <i>Materials: Wool or synthetic are ideal</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><b>BASE LAYER TOP</b></p> <p>This will be your base layer and should be “lightweight or silk weight” synthetic or wool. No cotton.</p> <p>★ <i>Materials: Synthetic, wool</i></p> <p>★ <i>Examples: <a href="#">AAI's synthetic t-shirt</a>, <a href="#">Outdoor Research Essence Top</a>, <a href="#">Patagonia Lightweight Capilene</a></i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><b>BASE LAYER BOTTOM</b></p> <p>Look for the same features of your Base Layer Top. They should fit comfortably under your trekking pants. One pair is sufficient.</p> <p>★ <i>Materials: Synthetic, wool</i></p> <p>★ <i>Examples: <a href="#">Patagonia Capilene</a>, <a href="#">Mammut Go Dry</a>, <a href="#">Mountain Hardware Power Stretch Tight</a></i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><b>2nd LAYER TOP</b></p> <p>A lightweight fleece or wind shirt. A chest pocket is a helpful feature.</p> <p>★ <i>Materials: Nylon, micro weave fabrics, fleece, wind stopper</i></p> <p>★ <i>Examples: <a href="#">Rab PowerStretch Fleece</a>, <a href="#">Patagonia R1</a></i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><b>SOFT SHELL JACKET</b></p> <p>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.</p> <p>★ <i>Materials: eVent, Gore-tex, h2No, or similar</i></p> <p>★ <i>Examples: <a href="#">Patagonia Houdini</a>, <a href="#">Rab Cirrus Wind Top</a>, <a href="#">Rab Vapor Rise Lite-Alpine</a>, <a href="#">Mountain Equipment Squall</a></i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><b>SOFT SHELL PANT</b></p> <p>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.</p> <p>★ <i>Materials: eVent, Gore-tex, h2No, or similar</i></p> <p>★ <i>Examples: <a href="#">Black Diamond Alpine</a>, <a href="#">Arc'Teryx Gamma</a>, <a href="#">Mountain Equipment Comici</a></i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

<p><b><u>WATERPROOF / BREATHABLE SHELL JACKET</u></b></p> <p>This will be your outermost layer and it needs to be waterproof, breathable, and durable. Two or three-ply Gore-tex or other waterproof breathable materials are required. Your shell should be sized to comfortably fit over your other base and midlayers (minus your parka). Choose the lightest, most packable shell that will still get the job done. Avoid extra pockets (one or two chest pockets is all you need) and hanging linings. Your hood must fit over your climbing helmet.</p> <p>★ <i>Materials: eVent, Gore-tex, h2No, or similar</i>  ★ <i>Examples: <a href="#">Arc'teryx Beta</a> and <a href="#">Gamma jackets</a>, <a href="#">Marmot Alpinist</a>, and <a href="#">Patagonia Stretch Rainshadow</a></i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><b><u>SHELL PANT</u></b></p> <p>Made of a waterproof/breathable material, your lightweight shell bottoms must have full or hip length side zips. This garment should be extremely lightweight and packable. A zipper fly is a nice, but optional. Should be sized to fit over your base layers and soft shell pants.</p> <p>★ <i>Materials: eVent, Gore-tex, h2No, or similar</i>  ★ <i>Examples: <a href="#">Rab Latok Alpine Pant</a>, <a href="#">Marmot PreCip Full Zip pants</a>, <a href="#">Mountain Equipment Aeon Pant</a>, <a href="#">Arc'teryx Beta AR Pants</a></i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><b><u>LIGHT INSULATING JACKET</u></b></p> <p>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 layer 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” – it is not breathable enough. The weight and design of this piece will vary based on the other items of climbing that you are bringing.</p> <p>★ <i>Materials: fleece, Primaloft, down</i>  ★ <i>Examples: <a href="#">Patagonia Nano Puff</a> or <a href="#">Nano Air Hoody</a>, <a href="#">Rab microlight Alpine</a>, <a href="#">Arc'Tryx Atom LT Hoody</a>, <a href="#">OR Cathode Hoody</a></i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><b><u>DOWN PARKA</u></b></p> <p>Expedition weight with hood. Baffled construction, includes a hood, pockets and offers sufficient coverage over your waist. Must fit over all of your other layers.</p> <p>★ <i>Materials: Primaloft, down</i>  ★ <i>Examples: <a href="#">Feathered Friends Frontpoint Volant</a> or <a href="#">Helios Jacket</a>, <a href="#">Rab Neutrino Jacket</a>, <a href="#">Patagonia DAS parka</a>, <a href="#">Mountain Hardwear Sub Zero SL Parka</a>.</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><b><u>MIDWEIGHT/SCHOELLER/LEATHER GLOVES</u></b></p> <p>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.</p> <p>★ <i>Materials: Softshell, windstopper fleece, leather or similar</i>  ★ <i>Examples: <a href="#">Petzl Cordex Plus Gloves</a>, <a href="#">Mountain Equipment Super Alpine Glove</a></i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><b><u>EXPEDITION / SHELL GLOVES</u></b></p> <p>Composed of heavy-duty waterproof shells with extremely warm liners, these modular gloves MUST have removable liners. These gloves must be dexterous enough to handle ropes, carabiners, and jumars.</p> <p>★ <i>Materials: Gore-tex, Schoeller</i>  ★ <i>Examples: <a href="#">Outdoor Research Arete Glove</a>, <a href="#">Black Diamond Guide Gloves</a>, <a href="#">Marmot Ultimate Ski Gloves</a></i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><b><u>BEANIE HAT/ TOQUE</u></b></p> <p>A thick warm hat is crucial for keeping warm.</p> <p>★ <i>Materials: Fleece, wool, windstopper, or similar</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

<p><b>SUN HAT</b> 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><b>LIGHTWEIGHT BALACLAVA/ BUFF</b> 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><b>STREET CLOTHING</b> A clean set of clothing is an excellent item to have during your time off the mountain.</p>	<input type="checkbox"/> Own
<h2>Hiking Equipment</h2>	
<p><b>TREKKING POLES</b> Two are required. Even if you don’t normally use trekking poles, on this expedition in particular, they are invaluable in helping with balance while carrying heavy packs on snowshoes. Adjustable poles only. ★ <i>Examples: <a href="#">Black Diamond Expedition poles</a>, <a href="#">Komperdell models</a></i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><b>GAITERS</b> Knee height. Keeps snow and ice out of your boots and socks and will also protect your pants from the sharp points on your crampons. Check the fit of the gaiter to your boot in advance to make sure the coverage is adequate. Can omit if your pants have a built gaiter and scuff guard. ★ <i>Examples: <a href="#">Outdoor Research Crocodile</a>, <a href="#">Mountain Hardware Ascent Stretch Air Perm Gaiter</a></i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<h2>Climbing Equipment</h2>	
<p><b>CLIMBING HARNESS (R)</b> 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>Examples: <a href="#">Mammut Zephir Altitude</a>, <a href="#">Camp Alpine Flash</a>, <a href="#">Black Diamond Alpine Bod</a></i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> Rent
<p><b>CLIMBING HELMET (R)</b> Must be UIAA approved for climbing and in good condition. Lightweight, well ventilated, and comfortable. Models with a plastic shell are more durable, but are heavier than all foam models. Kayak or bicycle helmets are not acceptable. ★ <i>Examples: <a href="#">Black Diamond Half Dome</a>, <a href="#">Petzl Elios</a></i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> Rent
<p><b>LARGE INTERNAL FRAME BACKPACK</b> Choose the pack that fits your body best. An external frame is not adequate. Removable hipbelt, suspension parts, and lid are ideal options. It is very important that your pack be in good working order and not prone to failures of any sort. Our packs are a hugely important item and a climber may not be able to continue due to a pack failure. Avoid bells and whistles like large, full-length zippers, separate sleeping bag compartments, etc. ★ <i>Size: 60 – 80 liters</i> ★ <i>Examples: <a href="#">Black Diamond Mission 75</a>, <a href="#">Cilogear 60L Worksack</a>, <a href="#">Mountain Hardware South Col 70</a></i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><b>CLIMBING PACK</b> This will be your main bag while climbing. Choose a model that fits your body best. Minimal or not internal frame design is preferred. ★ <i>Size: 20-30 liters</i> ★ <i>Examples: <a href="#">Cassin Egh 22</a>, <a href="#">Mammut Trion Light 38L</a></i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

<p><b>LARGE LOCKING CARABINERS</b></p> <p>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> <p>★ Examples: <a href="#">Petzl Attache</a>, <a href="#">Black Diamond Vaporlock</a>, <a href="#">Camp HMS Nitrolock</a></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><b>BELAY DEVICE</b></p> <p>Bring and autoblocking device, like a Petzl Gri–Gri or Trango Synch.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><b>SEWN RUNNERS</b></p> <p>We require you to bring one (1) sewn nylon sling. Should be 120cm (48in.) in length. Thinner spectra/dyneema slings are not recommended.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><b>ROCK CLIMBING RACK</b></p> <p><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> <p>★ Note: We may not use a rock rack on winter climbs, depending on the route selection. Please check with your guide.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><b>STEEL CRAMPONS (R)</b></p> <p>Flexible or semiflexible. Newmatic crampons are the easiest to put on with cold fingers. Only modern strapon, step-in, or 'newmatic' crampons are acceptable. Older Scottish style strap-on crampons are not adequate.</p> <p>★ Examples: <a href="#">Petzl Irvis</a>, <a href="#">Black Diamond Contact</a>, <a href="#">Grivel G12</a></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> Rent
<p><b>ICE AXE (R)</b></p> <p>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.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> Rent
<p><b>Skiing &amp; Avalanche Equipment</b></p> <p><i>Note: We allow skis, splitboards, or snowshoes for this course. Any of these types of snow locomotion are acceptable, though snowshoes are less desirable because they are less effective and efficient than skis or splitboards.</i></p>	
<p><b>AVALANCHE EQUIPMENT (R)</b></p> <p>If you have your own Avalanche Transceiver, Probe, and Shovel, please call AAI to confirm that they will be appropriate for this course. If you do not own these items they can be rented from AAI.</p> <ul style="list-style-type: none"> <li>• <a href="#">Avalanche Transceiver</a>: Your beacon MUST be a modern, single frequency (457kHz) beacon. Three antenna beacons are required. If your beacon is older than 5 years, you should consider retiring it or returning it to the manufacturer to have it tested for function and frequency drift.</li> <li>• <a href="#">Probe</a>: 230cm minimum. Carbon fiber is lighter and suffers less deflection than aluminum models.</li> <li>• <a href="#">Shovel</a>: We require collapsible metal (aluminum) shovels with a blade surface of at least 3000 cubic centimeters. Newer models are lighter, stronger, and more ergonomic than older ones.</li> </ul>	<input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> Rent
<p><b>SNOWSHOES (R)</b></p> <p>They should be equipped with an integral crampon and/or aggressive traction on the bottom of the snowshoes.</p> <p>★ Examples: <a href="#">MSR Revo Ascent</a></p> <p>★ Note: Large profile basic models made by Tubbs, Atlas, and Sherpa do not work well and are not recommended. Models by MSR are proven and quite durable.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> Rent

<p><b>SNOWSHOE BOOTS</b></p> <p>Make sure they are warm, waterproof, and comfortable to walk in!</p> <p>★ <i>Note: Mountaineering boots may also be used.</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<h2>Camping Equipment</h2>	
<p><b>TENT</b></p> <p>Lightweight 4-season tent capable of withstanding winds to about 40 mph and continuous, multi-day rain. Your shelter should weigh no more than 4 lbs per person.</p> <p>★ <i>Examples: <a href="#">Hilleberg Nallo</a> and <a href="#">Allak</a> tents</i></p> <p>★ <i>NOTE: We normally pair up in tents so if you don't have one, you may be able to share.</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><b>SLEEPING BAG</b></p> <p>Should be rated to around -20°F. 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.</p> <p>★ <i>Materials: Down, Primaloft, Polarguard 3D</i></p> <p>★ <i>Examples: Winter season: <a href="#">Mountain Equipment Iceline</a></i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><b>COMPRESSION STUFF SACK</b></p> <p>Used to shrink your sleeping bag into the smallest size possible.</p> <p>★ <i>Materials: SilNylon, eVent, or similar</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><b>SLEEPING PAD</b></p> <p>Please bring a <a href="#">patch kit</a> for inflatable pads.</p> <p>★ <i>Examples: <a href="#">Thermarest ProLite Plus</a>, <a href="#">Exped Down Mat</a>, <a href="#">Sea to Summit Comfort Lite</a></i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><b>LIGHTER</b></p> <p>Bring two.</p> <p>★ <i>Note: lighters are no longer acceptable in checked baggage when flying.</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><b>MULTI-TOOL or POCKET KNIFE</b></p> <p>Leatherman Tool or Swiss army style is good.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<h2>Cooking Equipment and Food</h2>	
<p><b>HYDRATION</b></p> <p>Bring two 1-quart bottles with wide mouths. Some people like to use Hydroflaks or <a href="#">Water Bottle Parkas</a> to keep liquids warm. It can be difficult to stay hydrated when you have to drink extremely cold water. <a href="#">No Camelbaks</a> or similar water bladders, they will freeze.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><b>WATER PURIFICATION</b></p> <p>Bring tablets or liquid purification. Filters are heavy and should not be used.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><b>FOOD</b></p> <p>AAI does not supply food on this program. Select meals that are relatively easy to prepare but also appetizing. For the days bring plenty of quick, high-energy lunch food. We have included <a href="#">meal planning guidelines</a> in your program packet.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><b>STOVE</b></p> <p>Liquid fuel or canister stoves are acceptable. We'll likely pair up on stoves at the Rendezvous to save weight.</p> <p>★ <i>Examples: <a href="#">MSR Whisperlite</a>, <a href="#">Jetboil</a>, <a href="#">MSR Reactor</a></i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><b>FUEL</b></p> <p>White gas or gas canister. 22oz of white gas or two 8oz canisters are usually sufficient.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy



★ <i>Fuel is available to purchase at the rendezvous for your course</i>	
<p><b>FUEL BOTTLE</b></p> <p>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><b>POT</b></p> <p>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.</p> <p>★ <i>Materials: Titanium, aluminum</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><b>EATING UTENSILS</b></p> <ul style="list-style-type: none"> <li>● <b>Spoon:</b> Bigger is better. Lexan is lighter, but metals spoons are more durable. Consider bringing a spare if you go with Lexan.</li> <li>● <b>Thermal mug:</b> 16-20oz with a lid. A 16oz wide mouth Nalgene is a favorite amongst our guides.</li> <li>● <b>Bowl:</b> 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).</li> </ul>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<b>Other Personal Equipment</b>	
<p><b>SUNSCREEN</b></p> <p>With Sun Protection Factor (SPF) 30 or higher. A couple of 1oz tubes are adequate and work better than one large one. For the fair skinned, the higher the SPF, the better. (Dermatone produces an effective 1" diameter stick as well as a translucent zinc oxide lotion.) Sunscreen is prone to freezing in the cold and smaller containers fit well into pockets for warming.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><b>LIP PROTECTION</b></p> <p>Bring 1 container/applicator with the highest SPF available.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><b>GLACIER GLASSES / SUNGLASSES</b></p> <p>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><b>HEADLAMP</b></p> <p>A high output LED model. Bring fresh batteries and one set of extra batteries. Flashlights are not acceptable.</p> <p>★ <i>Examples: <a href="#">Petzl Tikka XP</a>, <a href="#">Black Diamond Spot</a></i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><b>PERSONAL MEDICAL KIT</b></p> <p>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><b>REPAIR KIT</b></p> <p>At a minimum this kit should include:</p> <ul style="list-style-type: none"> <li>● <i>A stove repair kit (designed for your stove)</i></li> <li>● <i>Thermarest repair kit (for Thermarest pad users)</i></li> <li>● <i>10-20 feet of lightweight nylon cord</i></li> <li>● <i>A small sewing kit</i></li> <li>● <i>Duct tape (wrapped on water bottles or trekking poles)</i></li> <li>● <i>An extra waist buckle for your pack</i></li> </ul>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

<p><b>PERSONAL TOILETRIES</b> Bring a toothbrush, toothpaste, floss, hand sanitizer, personal supply of toilet paper, etc.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><b>GARBAGE BAGS</b> Bring one large bag to line your backpack and one to pack out garbage. Trash compactor bag, if available, are more durable.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><b>Other Optional Items</b></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 trip.</p>	
<p><b>HANDWIPEES</b> AKA the mountain shower. For personal hygiene <u>and</u> general use.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><b>BANDANA</b> A cotton bandana has many uses on the mountain.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><b>ENTERTAINMENT</b> Books and cards are great for evenings in the tent.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><b>EAR PLUGS</b> Defense against snoring and high winds in the area.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><b>HAND / FOOT WARMERS</b> Recommended for people that are susceptible to cold hands and toes. These should be small, disposable type products.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><b>FOOT POWDER</b> 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. ☆ <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 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. If you have any difficulty determining whether 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**

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