



PNW ROCK CLIMBING EQUIPMENT CHECKLIST

The summertime course locations of Squamish, British Columbia and Leavenworth, Washington are located in the Pacific Northwest. Squamish is on the western side of the B.C. Coast Range and because of this location it enjoys a typical maritime climate of mild temperatures throughout the year with frequent precipitation in the winter and generally pleasant summers. Leavenworth is situated just to the east of the Cascade Crest and lies in the rain shadow of the mountains. They experience far less precipitation than the western side of the mountains. Daytime temperatures in these locations are typically 60°F - 90°F, while nighttime lows are around 40°F.

If you plan to camp during this course AND are flying to the area, please prepare your camping equipment for airport security. Stoves must be emptied and cleaned, then placed into your checked baggage. Lighters must be removed and purchased upon arrival. Liquid fuel bottles (e.g. MSR) are not allowed in checked baggage.

If you drive, feel free to lug along everything but the kitchen sink, (i.e. lanterns, coolers, stoves, firewood, etc). However, if you are not bringing your own car and you will be relying on someone else for storage space, keep your camping kit reasonably lightweight and compact.

Food can be purchased in nearby grocery stores before (or during) the course. Please bring any traditional climbing equipment that you own. Using your own equipment will help familiarize you with its intricacies and increase your trust in that equipment. Be sure to mark your gear well; fingernail polish is ideal for this purpose.

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

Leavenworth- [NOAA Weekly Forecast](#)

Squamish- [Weather Forecast](#)

RENTALS:

Squamish, Leavenworth, Mt. Erie: Equipment that is available for rent through our AAI Equipment Shop is designated with a "Rent" check box. If you are unable to stop by our shop to pick up your rentals, please call the shop ahead of time as rentals may not be available.

Colorado: Only helmet and harness available for rent.

Underlined items link to examples available in our Equipment Shop. Don't forget AAI climbers receive 15% off full price items purchased through our gear shop!

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

Please feel free to contact the equipment shop for advice as you prepare for your program. We are happy to provide you with equipment advice whether or not you choose to purchase or rent equipment at AAI. We take your comfort and safety seriously.

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

Equipment Shop Website: www.Shop.AlpineInstitute.com

Provided Equipment- Climbing rope, anchors, solid waste bags

| Clothing | Packing Checklist |
|---|--|
| <i>Head</i> | |
| <u>Beanie/Toque</u> - Only recommended if the weather is cold. Wool or synthetic, must fit under helmet. | <input type="checkbox"/> Own <input type="checkbox"/> Buy |
| <u>Sun Hat</u> - Preferred to fit under helmet. | <input type="checkbox"/> Own <input type="checkbox"/> Buy |
| <u>Sunglasses</u> - Choose a model with UVA/UVB protection. Keeper strings like "Croakies" are useful to prevent dropping your glasses while climbing. | <input type="checkbox"/> Own <input type="checkbox"/> Buy |
| <u>Headlamp</u> - Bring extra batteries, or if it has a rechargeable battery, make sure and bring a charger. 200-350 Lumens is an ideal range. | <input type="checkbox"/> Own <input type="checkbox"/> Buy |
| <i>Hands</i> | |
| <u>Belay Gloves</u> - Optional. Lightweight and breathable glove with a durable leather palm. They protect your hands from rope burn, pinching, and sharp elements. | <input type="checkbox"/> Own <input type="checkbox"/> Buy |
| <i>Upper Body</i> | |

| | |
|--|--|
| <p>Sports Bra- Wool or synthetic, comfortable, active wear.</p> | <input type="checkbox"/> Own <input type="checkbox"/> Buy |
| <p>Base Layer or T-Shirt- Wool or synthetic shirt, UPF 30+ rated clothing recommended. We recommend a “sun hoody” type garment with long sleeves and a hood that is UPF rated, this will offer the most protection from the sun.</p> | <input type="checkbox"/> Own <input type="checkbox"/> Buy |
| <p>Light Insulation Layer- Lightweight “gridded fleece” or lightweight down or synthetic insulated jacket. Hood preferred.</p> <p>Weight: 250g-350g ideal weight.</p> | <input type="checkbox"/> Own <input type="checkbox"/> Buy |
| <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.</p> <p>Materials: Exolite, Matrix, Schoeller</p> <p>Windshirt: Patagonia Houdini or similar.</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 (belaying). 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.</p> <p>Weight: 350g-450g ideal weight.</p> | <input type="checkbox"/> Own <input type="checkbox"/> Buy |
| <p>Hard Shell Jacket- <u>Non-insulated</u> and lightweight jacket with a waterproof and breathable membrane. It must have a hood, ideally a helmet compatible hood. When sizing make sure it can fit over other layers.</p> <p>Materials: Gore-Tex, eVent, Drilite, H2NO, Pertex Shield</p> | <input type="checkbox"/> Own <input type="checkbox"/> Buy |
| <h2>Lower Body</h2> | |
| <p>Undergarments- Wool or synthetic.</p> | <input type="checkbox"/> Own <input type="checkbox"/> Buy |
| <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> | <input type="checkbox"/> Own <input type="checkbox"/> Buy |
| <p>Shorts- Optional, they can be nice to have for warm days.</p> | <input type="checkbox"/> Own <input type="checkbox"/> Buy |

Feet

Socks- Wool or synthetic socks recommended. Bring one pair for each day.

- Own
- Buy

Comfortable Walking Shoes- Running shoes or lightweight approach shoes are preferred. Sandals, "Crocs," or flip-flops are not appropriate.

- Own
- Buy

Climbing

Packing Checklist

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.

- Own
- Buy
- Rent*

Helmet- Must be UIAA rated for climbing.

- Own
- Buy
- Rent*

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.

- Own
- Buy
- Rent*

Carabiners- Must be UIAA rated for climbing.
-Two large pear shaped munter-style locking carabiners.
-Two non-locking wire gate carabiners.

- Own
- Buy

Belay Device- Bring an auto-blocking device that accepts two ropes like the Petzl Reverso or Black Diamond ATC Guide.

- Own
- Buy

Slings- Bring one 48in.(120cm) pre-sewn nylon sling. Slings must be UIAA rated for climbing.

- Own
- Buy

Rappel Backup- Sterling hollow block 13.5" or 4ft length of 6mm nylon accessory cord. Must be nylon, Dyneema has a lower melting point. This is used as a rappel backup, the Sterling hollow block is recommended for its heat resistant properties.

- Own
- Buy

Day Pack- 25L-35L is an ideal size. This will be used during rock climbing portions and can also be used as a summit pack.

- Own
- Buy

Other Essentials

Packing Checklist

Passport- Required ONLY for courses held in Squamish, B.C.

- Own

| | |
|--|--|
| <p>Hydration- 3L capacity is recommended, though some people need more and some people need less.</p> <p>Some people bring a bladder and a hard sided bottle. The bottle is an important backup to the bladder if it gets punctured. A hard-sided bottle may also double as a mug for hot water, though not every bottle is designed to hold boiling water.</p> | <input type="checkbox"/> Own <input type="checkbox"/> Buy |
| <p>Food- You are responsible to bring your own food for the duration of the course. Please consult our meal planning page.</p> | <input type="checkbox"/> Own <input type="checkbox"/> Buy |
| <h2>Toiletries</h2> | |
| <p>-Female Urination Device- Optional. 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- Optional. 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 |
| <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 |
| <h2>Sun Protection</h2> | |
| <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 |

First Aid Kit

| | |
|---|--|
| <p>Personal First Aid Kit</p> <ul style="list-style-type: none"> -Band aids -Blister treatment -Prescription drugs -Ibuprofen etc. | <input type="checkbox"/> Own <input type="checkbox"/> Buy |
|---|--|

| <i>Other Optional Items</i> | | Packing Checklist |
|--|--|-------------------|
| Rock Climbing Rack- <i>If you have it then bring it. Any cams, stoppers, hexes or other equipment that you own will be useful. Make sure and mark your gear so it doesn't get mixed up.</i> | <input type="checkbox"/> Own <input type="checkbox"/> Buy | |
| Insect Repellent- <i>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.</i> | <input type="checkbox"/> Own <input type="checkbox"/> Buy | |
| Camera- <i>Phone cameras or small point-and-shoot cameras are preferred.</i> | <input type="checkbox"/> Own <input type="checkbox"/> Buy | |
| Comfortable Clothing and Footwear- <i>Breathable footwear -- like flip-flops -- as well as some comfortable cotton clothing can be nice to change into after your climb.</i> | <input type="checkbox"/> Own <input type="checkbox"/> Buy | |
| Chalk Bag and Chalk | <input type="checkbox"/> Own <input type="checkbox"/> Buy | |
| Climbing or Athletic Tape- <i>Used for taping up hands, this protects your hands when you are crack climbing.</i> | <input type="checkbox"/> Own <input type="checkbox"/> Buy | |

| Camping **ONLY NECESSARY IF CAMPING DURING COURSE** | | Packing Checklist |
|--|--|-------------------|
| <p>Tent- <i>Either 4 season or 3 season tent is fine.</i></p> <p>NOTE: <i>4 season tents available to rent at AAI.</i></p> | <input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> Rent* | |
| <p>Sleeping Bag- <i>Synthetic or Down. If you bring a synthetic bag bring one on the lower end of the temperature range since synthetic bags tend not to be as warm as down. If you sleep cold it is recommended that you bring a warmer bag than required for the seasonal conditions. If choosing Down, water-resistant Down treatment is preferred to help prevent matting and loss of insulating ability if the sleeping bag gets wet.</i></p> <p><i>-Early-season conditions: 0F to 20F(-18C to -6C)</i> <i>-Mid-season conditions: 20F to 30F(-6C to -1C)</i> <i>-Late-season conditions: 15F to 20F(-10C to -6C)</i></p> | <input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> Rent* | |
| Sleeping Pad- <i>One inflatable or closed cell foam pad, or both, whichever you prefer.</i> | <input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> Rent* | |

| | |
|---|--|
| <p><u>Stove and Fuel</u>- Liquid fuel or canister stove. Fuel is available at AAI.</p> | <input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> Rent* |
| <p><u>Pots</u>- Bring one pot. .5L-1L size recommended.</p> <p>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 a pot.</p> | <input type="checkbox"/> Own <input type="checkbox"/> Buy |
| <p><u>Utensils</u>- Don't forget the official "most forgotten item ever," the spoon, or spork.</p> | <input type="checkbox"/> Own <input type="checkbox"/> Buy |
| <p>Bowl</p> <p>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.</p> | <input type="checkbox"/> Own <input type="checkbox"/> Buy |
| <p>Lighters- Bring two. You will have the opportunity to buy them the morning of the course.</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 |