



OUTDOOR ROCK CLIMBING INTENSIVE INTRODUCTION Boulder, CO EQUIPMENT CHECKLIST

This equipment list is aimed to help you bring only the essential gear for your mountain adventures. Please read this list thoroughly, but exercise common sense when packing for your trip. Climbs in the summer simply do not require as much clothing as those done in the fall or spring. Please pack accordingly and ask questions if you are uncertain.

CLIMATE: Temperatures and weather conditions in Boulder area are often conducive to great climbing conditions. Thunderstorms, however, are somewhat common and intense rainstorms often last a few hours in the afternoons. Daytime highs range anywhere from 50°F to 80°F.

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>COMFORTABLE SHOES/ APPROACH SHOES</p> <p>Comfortable, lightweight shoes to use on the approach to hikes and scrambling sections of climbs.</p> <p>★ Examples: Salewa Wildfire Approach shoes, Scarpa Gecko Lite</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>SOCKS</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>★ Materials: Wool or synthetic are ideal</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>T-SHIRT</p> <p>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.</p> <p>★ Materials: Synthetic, cotton, blends</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>SHORTS</p> <p>Lightweight shorts are nice for warm days.</p> <p>★ Materials: Nylon</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>CLIMBING PANTS</p> <p>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</p> <p>★ Materials: Schoeller, Powershield, Powerdry or similar</p> <p>★ Examples: Prana Stretch Zion, Patagonia RPS Rock Pant</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>2nd LAYER TOP</p> <p>A lightweight fleece shirt or hoody. A chest pocket is a helpful feature.</p> <p>★ Materials: Nylon, micro weave fabrics, fleece, wind stopper</p> <p>★ Examples: Rab PowerStretch Fleece, Patagonia R1</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>SOFT SHELL JACKET</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>★ Materials: eVent, Gore-tex, h2No, or similar</p> <p>★ Examples: Patagonia Houdini, Rab Cirrus Wind Top, Rab Vapor Rise Lite-Alpine, Mountain Equipment Squall</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>MID-WEIGHT INSULATION JACKET</p> <p>A warm puffy jacket with an optional hood. These come in many shapes, sizes and temperature ratings. If you tend to get cold easily, opt for a slightly warmer more substantial parka.</p> <p>★ Fill Materials: Primaloft, down</p> <p>★ Shell Material: Nylon epic eVent</p> <p>★ Examples: Rab Xenon X Hoodie, Patagonia DAS parka</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

<p><u>WATERPROOF / BREATHABLE SHELL JACKET</u></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 parka needs to have a hood and should be sized to fit over your clothes. Lightweight and compressible layers are ideal but don't sacrifice too much weight for durability.</p> <p>★ <i>Materials: eVent, Gore-tex, h2No, or similar</i></p> <p>★ <i>Examples: Arc'teryx Beta and Gamma jackets, Marmot Alpinist, and Patagonia Stretch Rainshadow</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>SUN HAT</u></p> <p>A baseball cap or visor serves well. Models with a “tail” are recommended for increased sun protection.</p> <p>★ <i>Materials: Nylon or similar</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>BEANIE HAT/ TOQUE</u></p> <p>Bring a thin, warm hat that will fit under your climbing helmet.</p> <p>★ <i>Materials: Fleece, wool, windstopper, or similar</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>GLOVES</u></p> <p>Lightweight polypropylene recommended.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<h2 style="background-color: #e1eef6; padding: 5px;">Climbing Equipment</h2>	
<p><u>CLIMBING HARNESS (R)</u></p> <p>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.</p> <p>★ <i>Examples: Mammut Zephir Altitude, Camp Alpine Flash, Black Diamond Alpine Bod</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> Rent
<p><u>CLIMBING HELMET (R)</u></p> <p>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.</p> <p>★ <i>Examples: Black Diamond Half Dome, Petzl Elios</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> Rent
<p><u>CLIMBING SHOES</u></p> <p>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> <p>★ <i>Examples: La Sportiva Mythos</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>LARGE LOCKING CARABINERS</u></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>★ <i>Examples: Petzl Attache, Black Diamond Vaporlock, Camp HMS Nitrolock</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>BELAY DEVICE</u></p> <p>Bring one if you have one, but you don't have to buy one for the course. If you want to get one, be sure to get advice on choices from the Equipment Department. (ATC's and like devices are recommended over Figure 8's.)</p> <p>★ <i>Examples: ATC XP, Trango Jaws, and Petzl Reverso work well with the smaller diameter and often icy ropes that go with ice climbing</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>CORDELETTE</u></p> <p>A 20 foot length of 7mm nylon cord.</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>ROCK CLIMBING RACK <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>INTERNAL FRAME CLIMBING PACK Something that can carry all of your things for the day, plus some group gear (ropes, rack anchor materials, etc.) ★ <i>Size:</i> 30-40 liters ★ <i>Examples:</i> Black Diamond Speed 40, Arc'Teryx Alpha FL 45, Cold Cold World Valdez, CiloGear 40B Worksack, Gregory Alpinisto 50</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<h2>Hydration and Food</h2>	
<p>HYDRATION 3 liters of water capacity minimum. Hydration bladders with appropriate accessories are recommended.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>FOOD Lightweight and high energy snacks.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<h2>Other Personal Equipment</h2>	
<p>SUNSCREEN With Sun Protection Factor (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. Dermatone produces an effective 1" diameter stick as well as a translucent zinc oxide lotion.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>LIP PROTECTION Chapstick with highest SPF available is recommended.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>SUNGLASSES 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>HEADLAMP A high output LED model. Bring fresh batteries and one set of extra batteries. Flashlights are not acceptable. ★ <i>Examples:</i> Petzl Tikka XP, Black Diamond Spot</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>PERSONAL MEDICAL KIT For sunburn, blisters, headaches, and minor cuts and scrapes. Please include duct tape, moleskin, bandages, and prescription at a minimum. <u>Be sure to bring any personal medications you may need. Please inform your guide if you carry an epipen or have any similar severe allergies or medical conditions.</u></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>MULTI-TOOL or POCKET KNIFE Leatherman Tool or Swiss army style is good.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>ATHLETIC TAPE Bring one roll of 1 ½ inch wide cloth athletic tape for taping hands for crack climbing.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>PERSONAL TOILETRIES</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

Bring a toothbrush, toothpaste, floss, and <u>hand sanitizer</u> . Bring half a roll of toilet paper or less.	
<h2>Other Optional Items</h2> <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><u>LIGHTWEIGHT BALACLAVA/ BUFF</u></p> <p>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.</p> <p>★ <i>Materials: Powerstretch, fleece, polypro, windpro</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>POST-CLIMBING CLOTHING</u></p> <p>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
<p><u>CAMERA</u></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
<p><u>FINGERNAIL CLIPPERS</u></p> <p>Trim nails back prior to course.</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

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.

Call: (360) 671-1570

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