



**American
Alpine Institute**

The Spirit of Alpinism

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SINGLE PITCH INSTRUCTOR COURSE EQUIPMENT CHECKLIST

In Washington 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 and 90's but more commonly are in the 70's to low 80's. Nighttime lows are usually around 50°F to 60°F. Rain is not uncommon, particularly before mid-June. A typical day in the summer might begin cool and pleasant, become fairly hot to the lower 80's by afternoon, and drop to a night-time low around 50°F.

If you live outside Washington, it is possible for program participants to lodge in hotels near the crag , 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.

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.

Call or E-mail 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: www.Shop.AlpineInstitute.com

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>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Sunglasses Choose a model with UVA/UVB protection. Keeper strings like “Croakies” are useful to prevent dropping your glasses while climbing.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<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.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Active Insulation Layer Lightweight “gridded fleece” or lightweight synthetic insulated jacket. Hood preferred. ☆ Active insulation jacket weight at 40g/m2 and heavier Insulation jacket at 60g/m2 or 80g/m2 ☆ Example: Patagonia R1, Montbell UL Thermawrap Jacket, or similar.</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. ☆ Materials: Exolite, Matrix, Schoeller. ☆ Example: Patagonia Houdini, Arc’teryx Squamish Hoody, Mountain Equipment Squall.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<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. ☆ Materials: Gore-Tex, eVent, Drilite, H2NO, Pertex Shield</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<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. ☆ Materials: Exolite, Matrix, Schoeller</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<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
<h1>Climbing</h1>	Packing Checklist

<p>Rock Climbing Rack If you have it then bring it. Make sure and mark your gear so it doesn't get mixed up.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Climbing Rope 60 meter dynamic climbing rope.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<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>Slings Bring one 48in.(120cm) and one 24in.(60cm) pre-sewn nylon sling. Slings must be UIAA rated for climbing. If you have extra, bring them.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Cordelette 2 cordelettes (each 21 feet of 7millimeter nylon accessory cord).</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Prusiks 4 feet of 5 millimeter nylon accessory cord, bring two or more if you have them.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Belay Device Reverso, the Guide XP or the ATC are good examples.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Releasable Locking Belay Device Such as the Petzl GriGri or the Trango Synchron.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Carabiners Must be UIAA rated for climbing. -Six or more large pear shaped munter-style locking carabiners. -Ten or more non-locking wire gate carabiners.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>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.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Static or Semi-Static Rope Bring one 100-foot rope for setting up anchors and fixed lines.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Nut Tool Bring one.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

Camping

Packing Checklist

This section only applies if you are camping during your course.

Tent

3 season tents can be used if the rain fly goes all the way to the ground on all sides. A “bathtub” floor for the inner tent is also recommended. This means that the inner tent isn’t all mesh but has water resistant floor material that scoops up from the floor for 4-12” before changing to mesh, like a bathtub. If there are any questions please consult our Equipment Shop to see if your tent is okay to use.

-Early-season: Double wall 4 season tent recommended.

-Mid-season: 4 season or 3 season tent.

-Late-season: 4 season tent recommended.

☆ NOTE: 4 season tents are available to rent at AAI the morning of the course. There is also the possibility to pair up with other students on your course and share a tent.

- Own
- Buy
- Rent*

Sleeping Bag

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.

-Early-season: 0°F to 20°F (-18°C to -6°C)

-Mid-season: 20°F to 30°F (-6°C to -1°C)

-Late-season: 15°F to 20°F (-10°C to -6°C)

- Own
- Buy
- Rent*

Compression Stuff Sack

For your sleeping bag. If it is a down bag, a waterproof compression sack is recommended.

- Own
- Buy

Sleeping Pad

- Early-season: Bring two; one inflatable and one closed cell foam. The foam pad helps insulate from the snow and serves as a backup to the inflatable pad.
- Mid or late-season: One inflatable or closed cell foam pad.

- Own
- Buy
- Rent*

Stove and Fuel

Liquid fuel or canister stove. Fuel is available at AAI the morning of the course.

☆ NOTE: Many people choose to share stoves, fuel and tents to decrease weight. However, some people prefer to camp in their own tents and use their own stoves. This can be determined on the morning of the first day of your program.

- Own
- Buy
- Rent*

Pots

Bring one pot.

- Early-season: Bring a bigger pot for melting snow; 1.5L to 2L
- Mid or late-season: 0.5L to 1L

- Own
- Buy

☆ 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.

Utensils

Don’t forget the official “most forgotten item ever;” the spoon, or spork.

- Own
- Buy

Bowl

- Early-season: Bring a plastic bowl or mug, preferably with insulation.
- Mid or late-season: Bring a plastic bowl, insulation is not necessary.

- Own
- Buy

<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>	
<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>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> <p>For Camelbak style hydration bladders, bring a drinking tube insulator, as the tube can freeze up. Drinking tubes must also have a lock on the bite valve. If you choose to use this system, be aware that they require constant vigilance in order to avoid freezing. Some people are not very good at this. Blow the water out of the tube after every use and place the bite valve in the neck of your shirt to keep from freezing.</p> <p><u>-Early-season:</u> Bring more water carrying capacity (3L to 4L) to reduce the number of times you need to melt snow.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Water Purification Water purification tablets are recommended, they are available at the shop the morning of the course. Pills that take an hour or less to purify are recommended. Steripens are an acceptable alternative to purification tablets.</p> <p>☆ NOTE: Pumps can be damaged by silt in the glacial water.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Food You are expected to provide your own food for the duration of the course.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<h2>Other Essentials</h2>	Packing Checklist
<p>Course Reading Material Bring one of the following books, Rock Climbing: Mastering the Basic Skills by Craig Luebben or Freedom of the Hills by the Mountaineers.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<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>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