



LONGS PEAK HIKING AND CLIMBING

Rocky Mountain National Park, CO

EQUIPMENT CHECKLIST

The primary goal of any alpine climber should always be to carry as little as possible. What is left out of a backpack is often just as important as what is placed inside. Conditions in the mountains vary dramatically from season-to-season and sometimes even throughout the same day. This can make the process of preparing equipment for an alpine climb difficult. On the one hand, a climber wants to be light. But on the other, a climber wants to have everything he or she needs if there is a storm.

This list was designed for the “worst case scenario” trip with significant inclement weather. In serious conditions it’s not uncommon for a climber to need every piece of clothing and equipment on this list. However, if a program does not encounter significant weather, there may be items here that are not used. As you prepare for your trip, it’s important to plan for the worst and hope for the best.

On the first day of your program, an AAI guide will work with you to refine your mountain kit to ensure that you bring exactly what’s needed given the forecast. If you have questions about items you may bring them along for consideration and extra items can be left locked in your car.

The Longs Peak summer climbing season is defined as June 15th through October 1st. This list references Early, Mid, and Late-season conditions. These periods of the climbing season are roughly defined by the different types of weather and snow conditions you are likely to encounter:

- **Early-Season Conditions** (March to mid-June): Lingering winter snow may still blanket the ground into late spring. Sometimes the final snows don’t melt off until early or mid July. Use of ice axe and crampons are likely to be needed on approaches and routes. Overnight temperatures range from 15-degrees to 40-degrees Fahrenheit (-9-4°C). Daytime highs range from 35-degrees to 65-degrees Fahrenheit (1-21°C). Cold, high wind is common.
- **Mid-Season Conditions** (mid-June to mid-September): Temperatures and weather conditions in the Rockies are often conducive to great climbing conditions. Thunderstorms, however, are somewhat common and intense rainstorms often last a few hours in the afternoons. Daytime temperatures may hit 70-degrees Fahrenheit (21°C). Evening temperatures range from 40 to 50-degrees Fahrenheit (4-10°C) at night, with occasional dips down below freezing.
- **Late-Season Conditions** (Mid-September to Early-November): September and October are varied months. Temperatures begin to drop both during the day and at night. Late in the month, it is possible that you will encounter an increase in snow or rain.

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

PROVIDED EQUIPMENT: Climbing rope, anchors, solid waste bags

RENTALS: Equipment that is available for rent through our AAI Colorado Equipment cache is designated with a “ Rent” check box. Your instructor will bring these items to you on the first morning of your course during your rendezvous. Please reserve rentals ahead of time and we will send you an invoice for these items: [Colorado Rental Equipment Request Form](#)

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

Please feel free to contact us to get you 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 and Footwear	Packing Checklist
<p>Comfortable Approach Shoes (mid-season) Replaces boots when approach and routes are snow free. May replace rock shoe on lower grade technical climbs. Comfortable, durable, sticky rubber “approach” shoes, preferably high-top for ankle support.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Mountaineering Boots (early and late season if snow/ice is on route) Must be stiff, crampon compatible, mountaineering boots. Lightweight leather or synthetic single boots are recommended. <i>Available to rent at Rock and Resole.</i></p> <p>★ <i>NOTE: There are many makes and models out there and not all are created equal. Please consult with 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>Socks Wool or synthetic socks. Boot length if you are planning on wearing boots. Bringing 2-3 pairs is recommended for a multi-day course. Wearing a “silk-weight” liner sock beneath your hiking sock can reduce friction on the skin directly and mitigate blister development.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Undergarments Wool or synthetic.</p> <p>Sports Bra Wool or synthetic, comfortable, active wear.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Base Layer Top Wool or synthetic shirt, long sleeves preferred, ideally a “sun hoody” with UPF 30+ sun protection.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Base Layer Bottom (aka “Long Johns”) Wool or synthetic. They should fit comfortably under your trekking pants. One pair is sufficient.</p> <p>★ <i>Materials: Synthetic, wool</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

<p>Soft Shell Pant Thin, weather-resistant, breathable, and stretchy. Generally more resistant to wind, weather, and abrasion than a simple hiking pant. ★ <i>Materials: Exolite, Matrix, Schoeller</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Active Insulation Layer Top Lightweight “gridded fleece” or lightweight synthetic insulated jacket. Hood preferred. ★ <i>Weight: 250g-350g ideal weight.</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Soft Shell Jacket 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. Hood preferred. ★ <i>Materials: Exolite, Matrix, Schoeller</i> ★ <i>Example: Patagonia Houdini, Arc’teryx Squamish Hoody, Mountain Equipment Squall.</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Waterproof Hard Shell Jacket Non-insulated jacket with a waterproof and breathable membrane. Three layer construction is recommended. It must have a hood that fits over a climbing helmet. When sizing make sure it can fit over other layers. ★ <i>Materials: Gore-Tex, eVent, Drilite, H2NO, Pertex Shield</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Waterproof Hard Shell Pant Non-insulated, waterproof and breathable membrane. Full side zips are recommended. When sizing make sure it is able to fit over a base layer and soft shell pants. ★ <i>Materials: Gore-Tex, eVent, Drilite, H2NO, Pertex Shield</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Insulation Jacket A.K.A. 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>Weight: 350g-450g ideal weight.</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>T-shirt Optional. Synthetic, lightweight, nice for warmer days.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Shorts Optional. Lightweight, nice for warmer days. Nylon or synthetic.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Liner Glove (Early season and Late season) Thin, lightweight, wool or synthetic gloves. Size to fit snug but not too tight. Generally worn alone in temperatures above 25°F (-4°C) when precipitation is not present. UPF rated liner gloves are ideal for sun protection. Bring 1 pair.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Work Glove (Early season and Late season) These gloves are used for belaying, tying knots, rope management, etc. Dexterity and durability are key. These gloves provide slightly more insulation than a liner glove and are generally used in temps of 15°F to 30°F (-9°C to -1°C) while actively using your hands. Look for a comfortable snug fit favoring dexterity and a durable leather or</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

synthetic palm. Water-resistant material is recommended because they dry out faster than waterproof gloves.	
Hard Shell Glove (Early season and Late season) Waterproof and insulated gloves. If the glove lacks insulation then size it to fit a liner glove inside. Mainly worn in wet conditions, cold, or when not mobile.	<input type="checkbox"/> Own <input type="checkbox"/> Buy
Gaiters (Early season and Late season, if snow/ice is on route) Knee or calf height. Best used in early-season conditions. Gaiters do help protect pants from crampon holes regardless of the season.	<input type="checkbox"/> Own <input type="checkbox"/> Buy
Beanie Hat / Toque Wool or synthetic, must fit under helmet, no tassels. Easily replaced with hooded layers after early season.	<input type="checkbox"/> Own <input type="checkbox"/> Buy
Sun Hat / Baseball cap A baseball cap or visor serves well. Models with a “tail” are recommended for increased sun protection.	<input type="checkbox"/> Own <input type="checkbox"/> Buy
Buff/Neck Gaiter Look for one that is UPF rated. Brighter colors work better for warmer conditions and darker colors for colder conditions.	<input type="checkbox"/> Own <input type="checkbox"/> Buy
Hiking / Climbing Equipment	
	Packing Checklist
Headlamp Bring extra batteries, or if it has a rechargeable battery, make sure to bring a charger. 200-350 Lumens is an ideal range.	<input type="checkbox"/> Own <input type="checkbox"/> Buy
Sunglasses These are mandatory. Look for a pair that fits well. Photochromic (variable tint) lenses are more expensive but are usable in a wider range of activities. ★ NOTE: Those using contact lenses should also bring a pair of prescription glasses in the event that your contacts or solutions are lost or damaged.	<input type="checkbox"/> Own <input type="checkbox"/> Buy
Climbing Harness (R) 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.	<input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> Rent
Climbing Helmet (R) Must be UIAA approved for climbing and in good condition.	<input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> 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. <i>Available to rent at Rock and Resole.</i>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
Chalk Bag And Chalk	<input type="checkbox"/> Own <input type="checkbox"/> Buy
Carabiners Must be UIAA rated for climbing. - Two large pear shaped munter-style locking carabiners. - Two non-locking wire gate carabiners.	<input type="checkbox"/> Own <input type="checkbox"/> Buy

<p>Belay Device Bring an auto-blocking device that accepts two ropes like the Petzl Reverso or Black Diamond ATC Guide.</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>Sewn Runners 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>Trekking Poles One is required, but two are highly recommended. These increase balance while wearing a heavy pack and making stream crossings, while also decreasing pressure on the knees during steep descents. For the early-season, your poles should have a snow basket.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Day Pack <i>Optional.</i> 25L- 35L is an ideal size. This will be used during rock climbing portions and can also be used as a summit pack. <i>(Some climbers will choose to omit this pack if their internal frame pack can compress down and be used as a smaller pack.)</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Internal Frame Pack 50L-60L. Mountaineering specific packs, instead of backpacking packs, are a good way to shave weight. Should also have the ability to carry weight well (35 lbs+).</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Steel Crampons (R) (Early season and Late season if snow/ice is on route) Must be steel crampons with front points and compatible with your mountaineering boots.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> Rent
<p>Ice Axe (R) (Early season and Late season if snow/ice is on route) A straight shaft ice axe like the Petzl Glacier or Black Diamond Raven Pro is recommended. Adze is required. A shorter length (50-60cm) is preferred. Please contact our Equipment Shop if you have any questions.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> Rent
<h2>Camping Equipment</h2>	
<p>Tent (R) (Required for Keyhole Route) A lightweight 3 season tent with a full rain fly that goes all the way to the ground on all sides in combination with a “bathtub” style floor for the inner tent. 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. It should be able to withstand 40 mph winds. If there are any questions please consult our Equipment Shop to see if your tent is okay to use.</p> <ul style="list-style-type: none"> • <u>Early-season:</u> 4 to 3 season tent recommended. • <u>Mid-season:</u> 3 season tent or bivy. • <u>Late-season:</u> 4 - 3 season tent recommended. <p>★ NOTE: Tents are available to rent through AAI. There is also the possibility to pair up with other students on your course and share a tent. Generally your shelter should weigh no more than 4 lbs per person.</p>	<p style="text-align: center;">Packing Checklist</p> <input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> Rent

<p>Bivy Sack (R) (Required for technical climbing routes*) Overnight locations for the more technical routes on Longs Peak are bivy-specific. Look for a waterproof bivy. ★ <i>Contact your Program Coordinator or guide for specific recommendations for your trip.</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> Rent
<p>Sleeping Bag (R) 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.</p> <ul style="list-style-type: none"> • <u>Early-season:</u> 0°F to 20°F (-18°C to -6°C) • <u>Mid-season:</u> 20°F to 30°F (-6°C to -1°C) • <u>Late-season:</u> 15°F to 20°F (-10°C to -6°C) 	<input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> Rent
<p>Compression Stuff Sack For your sleeping bag. If it is a down bag, a waterproof compression sack is recommended.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Sleeping Pad</p> <ul style="list-style-type: none"> • <u>Early-season:</u> Heavy snowfall years you may want to bring two pads; one inflatable and one closed cell foam. The foam pad helps insulate from the snow and serves as a backup to the inflatable pad. • <u>Mid or late-season:</u> One inflatable or closed cell foam pad $\frac{3}{4}$ to full length in size. 	<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>Early and late season bottles may be better than a hose-and-bladder hydration system.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Water Purification Water purification tablets are recommended. Pills that take an hour or less to purify are recommended. Steripens are an acceptable alternative to purification tablets.</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> <p>Day 1: breakfast before rendezvous, lunch in field, dinner at camp Day 2: breakfast at camp, lunch in field, dinner on your own</p> <p>★ <i>Keep in mind that if you are required to keep all of your food and toiletry items in a bear can.</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Stove and Fuel Canister stoves are preferred over liquid fuel.</p> <p>★ <i>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.</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Pot Bring one pot, 1 - 1.5L.</p> <p>★ <i>NOTE: If you have a complete stove system like the Jetboil or MSR Reactor then you do not need to bring a separate pot.</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

<p>Utensils Don't forget the official "most forgotten item ever;" the spoon, or spork.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Bowl Bring a plastic bowl or mug. ★ 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>LIGHTER Bring two. ★ Note: lighters are no longer acceptable in checked baggage when flying.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<h2 style="margin: 0;">Other Essentials</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
<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
<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.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Garbage Bags 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

<h2 style="text-align: center;">Other Optional Items</h2> <p><i>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.</i></p>	<h3 style="text-align: center;">Packing Checklist</h3>
<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.</p> <p><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>Diamox - Helps with altitude sickness. Please consult your physician.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Altimeter Watch If you have one then bring it, it is a great tool to have in the backcountry, especially for navigation.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Pee Bottle Used at night or when the weather is poor so you don’t have to get out of your tent.</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
<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.</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 your vehicle.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy