

# American Alpine Institute

## Single-Pitch Instructor Certification Course

### - Equipment List -

Unlike other AAI courses, the SPI program requires that participants bring their own equipment.

- Climbing Helmet – No Kayak or Ski Helmets
- Climbing Harness with Belay Loop – Please No Alpine Bod Harnesses
- Climbing Shoes or Sticky Rubber Approach Shoes (Must be able to climb up to 5.8 in whatever shoe you bring)
- Standard Climbing Rack – This generally includes an assortment of wired nuts, cams, hexes, etc.
- Assorted 24” and 48” Runners – Be sure that you have at least 1 48” runner.
- 10 or more non-locking carabiners
- 6 or more locking carabiners – the more the better.
- Belay/Rappel Device such as the Reverso, the Guide XP, the ATC, etc.
- Releasable locking belay device, such as the Petzl GriGri or the Trango Synch.
- 2 Prussic Loops (4 feet of 5millimeter Nylon Accessory Cord)
- 2 Cordelettes (21 feet of 7 millimeter Nylon Accessory Cord)
- One 100-foot Static or Semi-Static Rope for setting up anchors and fixed lines.
- One 60 Meter Dynamic Climbing Rope
- One of the following books: Rock Climbing: Mastering the Basic Skills by Craig Luebben or Freedom of the Hills by the Mountaineers

### **PLEASE MARK ALL OF YOUR GEAR!!!**

It is possible to mark gear with colored electrical tape or with nail polish. Many climbers use two colors of electrical tape instead of just a single black strip. This creates less of a chance that two individuals will have the same colors on their gear. Do not put nail polish on any of your soft goods. This may damage the overall integrity of the webbing, cord, etc...

For a more complete list of camping and climbing gear for courses in Red Rock Canyon, see below. If you will be taking the course at another location, please download the appropriate gear list for the location where you will work.

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# American Alpine Institute<sup>Ltd.</sup>

## RED ROCK CLIMBING EQUIPMENT LIST

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The Red Rocks of Nevada are located in the high desert about 20 miles to the west of Las Vegas. The winters are normally cool and snow often covers the ground in the deep shade of the canyon floor. Rain, or snow, occasionally falls, but most days are sunny and fair. While routes in the shade can be too cold to enjoy, south facing walls often warm up to offer pleasant climbing with temperatures in the mid 60's. The weather can be breezy, and it is a good idea to bring a lightweight wind shirt. In the spring (March and April) and the Fall (Oct. and Nov.), when climbing conditions are at their best, day time highs often climb to 80F with lows at night near a cool and comfortable 40F to 50F.

AAI will provide transportation from anywhere near downtown Las Vegas to the climbing area. If you have your own car and wish to drive to the course location that is perfectly fine as well. There are many lodging and hotel options in and around the Vegas area and we will coordinate a pick-up location with you as part of your pre-trip preparations. For people wishing to camp in the area, we recommend the Bureau of Land Managements 13 Mile Campground, located just outside the Red Rock Conservation area. This campground is just minutes from the park gates. The desert is a wonderfully quiet and beautiful place at night. The sunrise and sunset, and the star filled nighttime sky are an important part of the Red Rock experience. If you decide to stay in a hotel you need not bring any of the items listed under the "Camping Gear" heading. Food can be purchased in Las Vegas before or during your course. If you have any questions about the equipment requirements/ recommendations don't hesitate to call the Institute office or equipment shop.

### CLOTHING

**Rock Shoes** - Rock Shoes are recommended for the Introductory course and required for the Intermediate and Master's courses. An all around rock shoe which performs well on sandstone, both in cracks and edging is recommended.

**Comfortable Walking Shoes** - Running shoes or lightweight approach shoes are good. Most of the longer routes at Red Rocks involve approaches of at least half an hour. If your rock shoes are very tight you may want to carry your approach shoes up on the climb to wear on the descent, in which case they should be light in weight.

**Socks** - Bring a couple changes.

**Shorts** - Shorts designed specifically for rock climbing work well.

**Long Underwear Bottoms** - Mid-weight polypropylene or similar synthetic. Used mainly in the evening or on colder days climbing.

**Climbing Pants** - Sweat pants, Lycra or other light comfortable pants which don't restrict movement.

**T-shirt**

**Long Underwear Tops** - Mid-weight polypropylene or similar synthetic. Used mostly for evenings and colder days climbing.

**Long Sleeve Shirt** - For sun protection. Lightweight and light in color.

**Pile/Fleece Jacket** - 200 weight fleece or comparable layer for temperatures down to 30 degrees.

**2nd Warm Layer** - A warm shirt or lightweight sweater. Synthetic (preferred) or wool.

**Wind Shell** - Lightweight water repellent nylon recommended. This is often worn while climbing, so keep it light and simple. No waterproof coated nylon, please. If you cannot find a lightweight wind shell, a Gore-Tex rain jacket can be substituted, but remember, a jacket is heavier, bulkier and does not allow as good freedom of movement as a wind shell.

**Rain Jacket** - 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. Models like the Arcteryx Beta and Gamma jackets, Marmot Alpinist and Precip, and Patagonia Stretch Armstrong are top of the line.

**Warm Hat** - Synthetic is less itchy than wool.

**Sun Hat** - A baseball cap serves well.

**Gloves** - Lightweight polypropylene recommended.

## CLIMBING GEAR

**Climbing Harness** - Should fit with a few layers of clothes on. This item can be rented.

**Locking Carabiner** - Bring one.

**Climbing Helmet** - Kayak or bicycle helmets are not acceptable. Can be rented.

**Chalk Bag and Chalk** - (optional). Can be rented.

**Etriers** - For Masters Course participants only. If you don't have any etriers and don't wish to buy a pre-sewn pair, bring two 15 foot pieces of 1" flat webbing and we can tie them up on the course. (Flat webbing is stiffer than tubular webbing and, because of that, makes a better etrier. But if you can't find flat webbing, tubular will do the job.)

**Note:** If you own a belay or rappel device, or a small free climbing rack, please feel free to bring it along. Even though AAI normally supplies this equipment, most climbers feel more comfortable using gear with which they are familiar.

## MISCELLANEOUS

**Summit Pack** - 1300 to 1800 cubic inches. Climbs at Red Rocks sometimes require a lengthy approach.

**Hydration:** 3 liters of water capacity are the minimum. Hydration packs or bladders like the Camelback or Platypus with appropriate accessories are recommended. Two water

bottles, usually one-quart Nalgene type, are required. Other plastic bottles, similar in nature can work as well.

**Lunch Food** - Lightweight and high energy.

**Pocket Knife** - Swiss Army style knives are good as well as multitools like a Leatherman.

**Personal Medical Kit** - For sunburn, blisters, cuts, scrapes, etc.

**Athletic Tape** - Bring one roll of 1 1/2 inch wide cloth athletic tape for taping hands for crack climbing. Available in athletic supply stores and climbing shops.

**Sunscreen** - With a protection factor of at least 16. For the fair an SPF of 20 is better.

**Lip Protection** - With a protection factor of at least 16. For the fair an SPF of 20 is better.

**Sun Glasses**

**Personal Toiletries**

**Camera and Film**

**Headlamp** - Bring extra batteries.

## CAMPING GEAR

If you choose to camp at the 13 Mile Campground you will need to come prepared with personal camping gear. We will not be able to rent you any on the spot. The 13 Mile Campground is a typical car camping type campground with pit toilets and no showers. During the busier times in the spring and fall the campground can fill up so please be prepared to make other arrangements. Campers should be aware that being camping in the desert in the Las Vegas area, 13 Mile included, offers very little in the way of shade and wind protection because of the lack of vegetation. When conditions are calm camping can be pleasant, if it is windy and or very hot the campground can be an uncomfortable place to be. If you drive your own car you may choose to lug along everything but the kitchen sink, i.e. Coleman lanterns, coolers, stoves, firewood, etc. However, if you are not bringing your own car you will be relying on someone else for storage space, so please keep your camping kit reasonably lightweight and compact.

**Tent** - Three seasons.

**Sleeping Bag** - Rated to about 25F.

**Sleeping Pad**

**Fanny Pack** - (optional) While packs, extra clothing, etc. are often left at the base of the route, on multi-pitch climbs many climbers like to carry with them a wind breaker or extra hat, a candy bar, small water bottle, or extra shoes for the descent. You can use your summit pack for this purpose as well.

**Stove & Lighter** - Any small backpacking stove will do. Guides will have extra MSR fuel bottles if you fly and need to borrow one. You will need to provide fuel of course. This pertains only to the brand MSR.

\*\*United Airlines has indicated that backpacking stoves with detachable fuel containers

may be taken on board, but only the stove itself (the fuel container-new or used- MUST be left at home). The stove must be air dried of any fuel and be sent via checked baggage, not carry on. Further information on this regulation may be found by a United Airlines employee under Hazardous Materials: Camping equipment; footnote.

**Fuel** - 3/4 liter is plenty.

\*\* (As a reminder, fuel cannot be taken on airplanes.)

**Pots & Utensils** - one or two pots, Large thermal mug, spoon and bowl.