



American
Alpine Institute

The Spirit of Alpinism

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PRIVATE GUIDED ASCENTS IN THE CASCADES

Bellingham, WA

EQUIPMENT CHECKLIST

The primary goal of any alpine climber should be to carry as little as necessary. 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. This can make the process of selecting equipment for an alpine climb difficult. On the one hand, a climber wants to be light. But on the other hand, a climber wants to have everything they need if there is a storm or other emergency.

This list was designed for the “worst case scenario,” a 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. It is acceptable to bring too much clothing or equipment to your initial meeting. And it is acceptable to bring things that you have questions about. Extra equipment can always be left behind at the AAI shop.

The Cascade climbing season is defined as May 1st 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** (May 1st-July 1st): There is usually significant snow both on the ground as well as on the glaciers. Climbers should expect to encounter deep, wet snow during the day and firm conditions at night. Overnight temperatures range from 15-degrees to 40-degrees Fahrenheit (-9-4C). Daytime highs range from 35-degrees to 70-degrees Fahrenheit (1-21C). Precipitation as snow or rain is likely in the early season.
- **Mid-Season Conditions** (July 1st-September 1st): Temperatures range from 40 to 50-degrees Fahrenheit (4-10C) at night, with occasional dips down below freezing. Daytime temperatures often reach 70-degrees Fahrenheit (21C). Climbers should expect the possibility of freezing temperatures above 9000-feet on summit days throughout the summer season. And though mid-season tends to be dryer in the Cascades, the possibility of rain is still always there.
- **Late-Season Conditions** (September 1st-October 1st): September is a varied month. 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.

[NOAA Mt. Baker-Snoqualmie National Forest Weekly Forecast](#)

PROVIDED EQUIPMENT: Climbing rope, anchors, solid waste bags

RENTALS: Equipment that is available for rent through the AAI Equipment Shop is designated with a “Rent” check box. These items may be rented on the first morning of your course during your rendezvous. It is possible to reserve rentals ahead of time, but due to an extensive inventory, reservations are not necessary. Please call the shop if you have unusual sizing issues (either large or small), as those items are limited.

Underlined items in this form are hyperlinked to examples available in our Equipment Shop.

Call or Email 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: Shop.AlpineInstitute.com

Clothing	Packing Checklist
<p>Beanie/Toque (Optional) Wool or synthetic, must fit under your helmet. Easily replaced with hooded layers after early season.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Sun Hat Ideally fits under your climbing helmet. Baseball style hats with a button on top are generally not recommended. Visors or athletic hats from companies like Ciele or Skida are substantially more comfortable, vent better, and are easier to clean and dry out.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Buff/Neck Gaiter Look for one that is UPF rated. Brighter colors work better for warmer conditions and darker colors for colder conditions.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Glacier Glasses These are mandatory. Look for a pair that fits well and has side shields. The lenses should be dark enough to not let more than 12% of visible light through. 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 by freezing. If you only use prescription glasses, we recommend “OTG” (over the glass) or “Frame-over” style sunglasses made by the company Cocoon. ★ Examples: Julbo Spectron 4 Lense, Julbo Reactiv Performance 2-4 (Zebra Lense) or Julbo Reactiv High Mountain 2-4 (Cameleon Lense).</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

<p>Headlamp Bring extra batteries, or if it has a rechargeable battery, make sure and bring a charger. 200-350 Lumens is an ideal range. ★ <i>Example : Petzl Swift RL, Petzl Actik Core</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Liner Glove Thin, lightweight, wool or synthetic gloves. Size to fit snug but not too tight. Phone compatible fingertips and some sort of palm texture are nice features to have. Generally these are worn alone in temperatures above 25°F(-4°C) and when precipitation is not present. UPF rated liner gloves are ideal for sun protection. Bring 1-2 pairs. ★ <i>Examples: Outdoor Research Vigor Sensor, The North Face Etip Grip</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Midweight Softshell Glove Bring one pair, two during the early season (April - May). 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 synthetic palm. Water-resistant material is recommended because they dry out faster than waterproof gloves. ★ <i>Examples: Mountain Equipment Super Alpine, Rab Vapour-rise</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Hard Shell Glove Waterproof and insulated gloves. If the glove lacks insulation then size it to fit a liner glove inside. Mainly used in wet conditions, cold temperatures, or when not mobile. ★ <i>Examples: Black Diamond Renegade, Outdoor Research Highcamp.</i> ★ <i>NOTE: April-May courses are often much colder and may require a more heavily insulated glove like the Black Diamond Guide</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Sports Bra Wool or synthetic, comfort is key. Avoid bras with adjusters and clasps that could get compressed by your pack straps. Racerbacks are popular options for keeping straps in place. ★ <i>Examples: Girlfriend Collective Topanga, Vuori Elevation.</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Base Layer A lightweight, wool or synthetic sun hoody is ideal. Look for one with UPF 30+ sun protection. UPF Clothing protects better from the sun than sunscreen. ★ <i>Examples: Patagonia Capilene Cool Daily Hoody, Outdoor Research Echo, Rab Pulse</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Active Insulation Layer Lightweight “gridded fleece” or lightweight synthetic insulated jacket. Hood preferred. ★ <i>Active insulation jacket weight at 40g/m2 and heavier Insulation jacket at 60g/m2 or 80g/m2</i> ★ <i>Example: Patagonia R1, Patagonia Nano Air, Arc'teryx Proton LT</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Soft Shell Jacket or Windproof Jacket A soft shell jacket is considered an ‘action layer’. Its materials are designed to stretch and breathe while also maintaining wind and water resistance. This allows the user to leave this jacket on for a wide range of temperatures and conditions throughout the day, without the hassle of constantly changing layers.</p> <p>Wind proof jackets are lightweight and packable, but lack the breathability and stretchy nature of the soft shell. Windproof jackets are ideal for blocking wind and light precipitation during low output activities.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

<p>★ <i>Example SoftShell: Black Diamond Alpine Start Hoody, Rab Borealis, Mountain Equipment Squall, Patagonia Houdini Air.</i></p> <p>★ <i>Example Windproof Jacket: Patagonia Houdini, Arc'teryx Squamish Hoody,</i></p>	
<p>Insulation Jacket AKA 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>Example: Arc'teryx Nuclei FL, Patagonia DAS light, Patagonia Down Sweater, Arc'Teryx Cerium LT.</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Hard Shell Jacket (Waterproof Rain Jacket) Non-insulated jacket with a waterproof and breathable membrane. 3-layer construction is recommended. It must have a hood, ideally a helmet compatible hood. When sizing make sure it can fit over other layers. Ski jackets are discouraged because they are usually not waterproof and have heavy insulation. ★ <i>Materials: Gore-Tex, eVent, Drilite, H2NO, Pertex Shield</i> ★ <i>Example: Patagonia Torrentshell, Arc'Teryx Alpha AR, Mountain Equipment Lhotse.</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> Rent*
<p>Undergarments Wool or synthetic. Long, compression style undergarments can help reduce inner thigh chafing.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Base Layer Pant (aka “Long Johns”) Wool or synthetic. Bring one for early or late-season conditions, optional for mid-season conditions (depending on the weather). ★ <i>Example : Patagonia Capilene midweight or thermal weight (Thermal is warmer)</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Soft Shell Pant Thin, weather-resistant, breathable, and stretchy. You will wear these a majority of the trip. ★ <i>Materials: Exolite, Fortius, Schoeller</i> ★ <i>Example: Patagonia Altvia, Mountain Equipment Ibex, Arc'teryx Gamma FL</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Hard Shell Pant (Waterproof Rain Pants) Non-insulated, waterproof and breathable membrane. Full side zips are recommended. Ideally has at least a 1/4 length zipper from the bottom of the pant cuff in order to get pants on and off while wearing mountain boots. When sizing make sure it is able to fit over a base layer and soft shell pants. Insulated ski pants are strongly discouraged due to lack of waterproofness and heavy insulation. ★ <i>Materials: Gore-Tex, eVent, Drilite, H2NO, Pertex Shield.</i> ★ <i>Example : Patagonia Torrentshell, Arc'Teryx Beta Pant</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> Rent*
<p>Comfortable Shirts, Pants and/or Shorts Comfortable cotton clothing that will be used in the front country and for car camping.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Socks Wool or synthetic socks that are at least mid calf height. Modern boots are designed to insulate your feet, so a thick sock is not recommended as these tend to lead to blisters and moisture retention. Using a lighter weight sock allows for a more accurate boot fit. Wearing a “silk-weight” liner sock beneath your hiking sock can reduce friction on the skin and mitigate blister development. 3 pairs is generally sufficient. ★ <i>Example : Darn Tough Coolmax Lightweight</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Approach Shoes (Optional) Made with sticky climbing rubber, used by many for approaches to and from the rock climbing areas as well as for climbing some of the easier routes. ★ <i>Example Approach: La Sportiva TX4, TX2, Scarpa Rapid</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

Trail Running Shoes (Optional)

Used by many for approaching mountain camps later in the season. Be aware that trail running shoes do not offer as much support when traveling with heavy packs, high stack shoes like the Hoka Mafate or Altra Olympus are not recommended.

★ Example Trail Runner: Altra Lone Peak, La Sportiva Kaptiva, Salomon Sense Ride 4

- Own
- Buy

Mountaineering Boots

Must be stiff, crampon compatible, mountaineering boots. Double boots recommended prior to Mid-June. For courses after Mid-June, single boots should be used.

★ NOTE: We rent double plastic boots for our May/June courses and Single boots for the rest of the season. 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.

★ Example Double Boot : Scarpa Phantom 6000, La Sportiva G2SM

★ Example Single Boot : La Sportiva Nepal Cube, Scarpa Mont blanc Pro

- Own
- Buy
- Rent*

Gaiters

Knee or calf height. Best used in early-season conditions. Optional for mid or late-season. Gaiters do help protect pants from crampon holes regardless of the season.

★ Example : Outdoor Research Crocodile

- Own
- Buy
- Rent*

Climbing

Packing Checklist

Ice Axe

A straight or slightly curved shaft ice axe is recommended. Adze is required. Please contact our Equipment Shop if you have any questions.

Use the following table as a rough guide on length. Ice axe leashes are discouraged and not recommended.

Straight Shaft Axe	
Personal Height	Recommended Length of Axe
5'8" or shorter	50-55cm
5'9"- 6'	55-60cm
6'1" and up	60-65 cm

★ NOTE: For all participants looking to continue on to higher level courses such as our AMTL 2 or Alpine Ice, a slightly curved ice axe in the 50-55cm range such as the Petzl Sum'Tec is more appropriate.

★ Example : Petzl Glacier, Petzl Sum'Tec, Black Diamond Raven Pro

- Own
- Buy
- Rent*

Harness

Make sure the harness has a belay loop and gear loops. When sizing, it should fit over your clothes when you have multiple layers on. A more robust, padded harness is ideal for this program.

★ Example: Petzl Adjama, Arc'Teryx AR-395a

- Own
- Buy
- Rent*

Helmet

Must be UIAA rated for climbing. Be aware that foam, break-away style helmets like the ones listed below are susceptible to damage if being loaded in a checked bag.

★ Example : Petzl Meteor, Black Diamond Vision.

- Own
- Buy
- 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. ★ <i>Example : La Sportiva Tarantulace, La Sportiva TC Pro</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> Rent*
<p>Crampons Must be steel crampons with front points and compatible with your mountaineering boots. ★ <i>Example : Petzl Vasak, Petzl Sarken</i></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 sling. Slings must be UIAA rated for climbing. Available for sale in our equipment shop. ★ <i>Example : Mammut Contact, Black Diamond Nylon Runner</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Belay Device Bring an auto-blocking device that accepts two ropes. Available for sale in our equipment shop. ★ <i>Example : Black Diamond ATC Guide, Petzl Reverso</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Carabiners Must be UIAA rated for climbing. Available for sale in our equipment shop. - Four large pear shaped munter-style locking carabiners. - Five non-locking wire gate carabiners. ★ <i>Example : Petzl Attache, Camp Photon Wire</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Rappel Backup The Sterling hollow Block or Beal Jammy are recommended for their heat resistant properties. A 4ft length of 6mm nylon accessory cord will also suffice. ★ <i>Example : Beal Jammy 35mm, Sterling Hollowblock 2 13.5</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Trekking Poles One is required, two are highly recommended. Poles help with balance while hiking with a heavy bag and increase security during stream crossings. They also decrease the pressure on your knees during steep descents. For early season programs, your poles should have snow baskets. ★ <i>Example : Black Diamond Expedition 3</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> Rent*
<p>Prusiks 6mm nylon cord in three lengths; 13 ft, 6 ft, 5 ft. Available at AAI the morning of the course. We recommend getting three different colors for easy identification. The Prusik kits we supply are specifically chosen for their supple nature and high strength, and it is encouraged that you use these. Many types of nylon cord can be stiff and more difficult to work with.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Day Pack 25L to 35L is an ideal size. This will be used during rock climbing portions and can also be used as a summit pack. Ideally this pack is frameless so that it can be packed inside of your larger bag. ★ <i>Example : Black Diamond Blitz 28, Mountain Equipment Tupilak 37+</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Internal Frame Pack 65L-75L is a recommended size range. Mountaineering specific packs, instead of backpacking packs, are a good way to shave weight. Should also have the ability to carry weight well (45 lbs+). ★ <i>Example : Black Diamond Mission 75, Mountain Hardware AMG 75, Arc'Teryx Bora 75,</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> Rent*

<h1>Camping</h1>	Packing Checklist
<p>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.</p> <p>If your tent does not have wind lines, an additional 6-10 ft of 3mm accessory cord is often needed for rigging your rainfly in a mountain environment.</p> <p><u>-Early-season:</u> Double wall 4 season tent recommended. (April to Mid-June) <u>-Mid-season:</u> 4 season or 3 season tent. (Mid-June to August) <u>-Late-season:</u> 4 season tent recommended. (Late August to September)</p> <p>★ <i>NOTE: 4 season tents are available to rent at AAI the first morning of the course. There is also the possibility to pair up with other students on your course and share a tent.</i> ★ <i>Example 4-Season : Hilleberg Unna, Black Diamond Eldorado</i> ★ <i>Example 3-Season : Big Agnes Copper Spur, REI Half Dome</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> Rent*
<p>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.</p> <p><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)</p> <p>★ <i>Example : Mountain Equipment Fireflash (5), Western Mountaineering Alpinlite (20), Rab Mythic Ultra 180 (32)</i></p>	<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"> <input type="checkbox"/> <u>Early-season:</u> 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. <input type="checkbox"/> <u>Mid or late-season:</u> One inflatable or closed cell foam pad. <p>★ <i>Example : ThermaRest XTherm</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> Rent*
<p>Stove and Fuel Liquid fuel or canister stove. Fuel is available at AAI the morning of the course.</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> ★ <i>Example : Soto Windmaster, MSR Windburner</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> Rent*

<p>Pots Bring one pot.</p> <ul style="list-style-type: none"> <input type="checkbox"/> <u>Early-season:</u> Bring a bigger pot for melting snow; 1.5L to 2L <input type="checkbox"/> <u>Mid or late-season:</u> 0.5L to 1L <p>★ <i>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 another 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. Long-handled spoons make stirring hot liquids safer, and metal ones tend to not break as easily in cold temperatures.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Bowl</p> <ul style="list-style-type: none"> <input type="checkbox"/> <u>Early-season:</u> Bring a plastic bowl or mug, preferably with insulation. <input type="checkbox"/> <u>Mid or late-season:</u> Bring a plastic bowl, insulation is not necessary. <p>★ <i>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.</i></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>Hydration 3L capacity is recommended, though some people need more.</p> <p>A common approach is to bring a 2-3 liter bladder and a 1 liter 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. Be prepared to have to pull your bladder out of your pack to drink, as hoses freezing is a persistent issue on programs.</p> <p><u>-Early-season:</u> Bring more water carrying capacity, usually in the form of bladders (4L to 8L) to reduce the number of times you need to melt snow.</p> <p>★ <i>Example : Nalgene 32 oz bottle, Hydrapak Seeker 2-3L, MSR Dromedary 4-8L</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Water Purification Water purification of some form is required. The popular tabs that our guides use, Aquatabs, 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. It is strongly encouraged to use the brand Aquatabs, as they work the fastest and have the least amount of flavor once administered.</p> <p>★ <i>NOTE: Pumps can be damaged by silt in the glacial water and can easily freeze at night and crack. However, many of our guides are finding success using some of the integrated pump/bladders like the BeFree and Quickdraw.</i></p> <p>★ <i>Example : Aquatabs, SteriPen, Katadyn BeFree, Platypus Quickdraw</i></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>You should arrive on the first morning of your course with at least five-days of backcountry food and at least one-day's worth of front country food.</p> <p>Alpine Mountaineering and Technical Leadership courses are run in both the front and backcountry. There will be several opportunities to resupply at grocery stores during the program, so you don't need to arrive with 12-days of food. However, it is unlikely that you will find "just-add-boiling-water" style meals once we depart from AAI. If that is going to be a staple of your program food, you may wish to bring eight or nine days worth of those kinds of meals.</p> <p>Many AMTL courses decide to go out to dinner once or twice during the program.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<h2 style="margin: 0;">Other Essentials</h2>	
<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>Alarm Clock You will be responsible for waking up at certain times throughout the program, and while your guide can sometimes be your alarm, there are often situations where tents are far apart. Be sure if you use your phone as an alarm that you have enough backup battery to accommodate for this. If you plan to use a watch, be sure your alarm is loud enough to work for you.</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. If you plan to use wet wipes, be wary of scented or exfoliating types as these can be an irritant for some people.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Pee Cloth (optional) A reusable, antimicrobial pee cloth. Used in place of toilet paper or wet wipes for cleanup. ☆ <i>Example : Kula Cloth</i></p>	
<p>Urination Devices (optional) Pee funnels such as the GoGirl or Freshette. Rigid pee funnels hold their shape better. Used in conjunction with a pee bottle, or while on a rope team. These can help mitigate the need to squat. ☆ <i>Example : Freshette</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

<p>Menstrual Cup (optional) There are many things to consider about backcountry menstruation, click on the link below for more information. Click here for more info ★ Example : Diva cup, Saalt, Lunette</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Sunscreen At least 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. ★ Example : ZBlok 45, 2oz containers are a nice size.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Lip Balm Make sure it is SPF rated. ★ Example : Blistex Gold Five Star Protection SPF 30</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
<h2 style="margin: 0;">Other Optional Items</h2> <p style="margin: 0;"><i>The items below are not required, although many are nice “luxury” items that can make your expedition 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="margin: 0;">Packing Checklist</h3>
<p>Gaia Navigation App Optional Smartphone App. Please have the <i>Mt. Baker (all aspects)</i> maps downloaded prior to the start of your course:</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Map and Compass Map should be of Mt. Baker area (preferably Green Trails Maps #13SX). Compass must have declination adjustment. ★ NOTE: All three items are available together in a bundle, or all sold separately, at AAI the morning of your course.</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. ★ Example : Petzl Cordex</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

<p>Goggles (Optional) Optional for April to early May, and not needed later in the season. These are used in high winds or heavy rain, and can serve as a backup to your glacier glasses. Look for UVA/UVB protection, and a lighter lens is recommended for better visibility in flat light. Do not plan to use goggles as sunglasses over your prescription glasses, it is difficult to see and manage your harness and equipment with goggles on. We recommended the ‘over the glasses’ sunglasses from the company Cocoon.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Chalk Bag and Chalk (Optional)</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Assisted Braking Device (Optional) If you have a Petzl GriGri or similar assisted braking device, bring it with you for front-country climbing. <i>★ Example: Petzl GriGri, Edelrid Megajul, Black Diamond ATC Pilot</i></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. 32oz or larger is strongly recommended. Many guides use a bladder instead of a bottle for increased capacity. <i>★ Example : Hydrapak Seeker 2L, Collapsible 48oz Nalgene</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<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. You are responsible for your alarm clock each morning, if you are going to use your phone be sure you have enough power to accommodate for this. <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>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. Sometimes even a headnet is a nice item to have.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Camera Phone cameras or small point-and-shoot cameras are preferred. SLR cameras are not recommended due to their size and bulk.</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 the van.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Car Charger Consider bringing an extra battery pack as well, having a lot of people using car charger cables is difficult.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

