



American
Alpine Institute

The Spirit of Alpinism

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SOUTHEAST ASIA ROCK CLIMBING EQUIPMENT CHECKLIST

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.

International Travel: The goal on a trip like this should be to go as light as possible, while still having everything you need to be comfortable. If possible, fitting everything into one larger backpack and one smaller backpack is ideal. Get in touch with our equipment shop or your guide to help with what to pack.

Vaccinations: Laos is a country with Malaria, as well as other mosquito-borne illnesses. It is recommended to get a prescription of Atovaquone or other malaria medication. These medications often have some uncomfortable side-effects. Contact our office to discuss the options. Fortunately, the climbing season also happens to be when the mosquitos are scarce.

Having a current rabies and tetanus vaccination is recommended.

Laos Climate: Laos has a tropical climate - warm weather and lots of humidity. The summers here receive a good amount of rain, while the winters stay relatively dry. The average daytime temperatures during winter months (November - March) range from 75 - 85°F and the average nighttime temperatures during the winter ranges from 60 - 70°F. Since Laos is situated close to the equator, summers are not easily defined.

Rentals: Equipment that is available for rent through the AAI is designated with a “Rent” check box. These items must be requested for rent and paid for **prior** to your trip start, this can be done either via email (sw-coordinator@alpineinstitute.com) or phone (360-671-1505).

Call or Email the Equipment Shop for Advice on Gear: Please feel free to contact the shop to help you get ready for your 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

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

[Meteoblue Thakhek Weather Forecast](#) ~ [Meteoblue Vang Vieng Weather Forecast](#)

Clothing	Packing Checklist
<p>Sun Hat Baseball style hats, 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>Sun Glasses Preferably with UVA/UVB protection</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>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>Underwear Bring several pairs!</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Sun Hoody 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. 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. ★ <i>Example SoftShell: Black Diamond Alpine Start Hoody, Rab Borealis, Patagonia Houdini Air.</i> ★ <i>Example Windproof Jacket: Patagonia Houdini, Arc’teryx Squamish Hoody,</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. ★ <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
<p>Climbing Pants As thin as possible, and breathable is ideal. Some prefer to climb in shorts in this environment, and it is recommended to bring both. ★ <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) (Optional) Non-insulated, waterproof and breathable membrane. Full side zips are recommended. If there is rain in the forecast, bring them. ★ <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
<p>T-Shirt Cotton or synthetic T-shirt to climb in.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Socks Wool or synthetic socks. ★ <i>Example : Darn Tough Coolmax Lightweight</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Approach Shoes, Running Shoes, or Sturdy Hiking Shoes It is best to bring just one pair of shoes for the trip. Approach shoes are made with sticky climbing rubber, used for approaches to and from the rock climbing areas as well as for climbing some of the easier routes. If bringing running shoes, try not to use knit trainers, as these shoes are not very supportive for variable terrain. Low-top sturdy hiking shoes are also ideal. ★ <i>Example Approach: La Sportiva TX4, TX2, Scarpa Rapid</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<h2 style="margin: 0;">Climbing</h2>	
<p>Harness Make sure the harness has modern-style buckles, and a belay loop and gear loops. ★ <i>Example: Petzl Adjama, Arc’Teryx AR-395a</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> Rent*
<p>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. ★ <i>Example : Petzl Meteor, Black Diamond Vision.</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> Rent*
<p>Rock Shoes Any climbing shoe will work, but a moderately technical sport climbing shoe is ideal. ★ <i>Example : La Sportiva Tarantulace, Scarpa Boostic</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> Rent*
<p>Personal Anchor System A tethering device for cleaning anchors. <i>A sewn nylon double-length sling, Metolius PAS, Petzl Connect</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

<p>Belay Device Bring an auto-blocking device that accepts two ropes. ★ <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. - 2 Locking Carabiners - 2 Non-Locking 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>Assisted Braking Device Strongly recommended but not required. For belaying. ★ <i>Example: Petzl GriGri, Edelrid Megajul, Black Diamond ATC Pilot</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Belay Gloves Lightweight and breathable gloves with a durable leather palm are ideal. ★ <i>Example : Petzl Cordex</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Chalk Bag and Chalk Nice for climbing in warm weather.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Day Pack / Multi-Pitch Pack 18L to 25L is an ideal size. ★ <i>Example : Patagonia Linked 18 Black Diamond Blitz 28</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Internal Frame Pack 35-50L is a recommended size range. Should have the ability to carry weight well. For approaching crags. ★ <i>Example : Black Diamond Creek 50, Mountain Hardwear Cragwagon, North Face Cinder</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Trekking Poles (Optional) One is highly recommended. Poles help with balance while hiking with a heavy bag on uneven terrain. ★ <i>Example : Black Diamond Expedition 3</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Other Essentials</p>	<p>Packing Checklist</p>
<p>Sleeping Bag or Technical Quilt Lightweight Synthetic or Down (35°F to 50°F). Quilt is ideal since it will mostly be used to provide extra warmth on beds in bungalows. ★ <i>Example : Enlightened equipment Convert 50F quilt, Montbel super spiral 50F</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 Bring one.</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. <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>Passport Required.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Duffel Bag or Travel Suitcase (Optional) Ideally, everything will fit in a larger backpack (mentioned earlier in the equipment list). But, a second duffel bag or travel suitcase may be required.</p>	<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 We recommend bringing half a roll to a roll of toilet paper in its own ziploc bag.</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>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<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 <i>★ Example : Diva cup, Saalt, Lunette</i></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. <i>★ Example : ZBlok 45, 2oz containers are a nice size.</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Lip Balm Make sure it is SPF rated. <i>★ Example : Blistex Gold Five Star Protection SPF 30</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

<p>Foot Powder Foot powder is very useful especially on longer trips or for people with sweaty feet. Foot powder can help dry your feet, and promote warmth on cold weather trips. Be mindful of the storage container and make sure it will stand up to the abuse it will be subjected to.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Insect Repellent Biting insects can be prevalent during different times of the season depending upon conditions and location. Mosquito borne illness is also a concern. Bring Deet. A headnet is also a nice item to have.</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>Other Optional Items</p> <p><i>The items 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 in your bag .</i></p>	
<p>Entertainment Books, games, cards, music player, kindle, ect.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Portable Charging Device Phone charger, or battery pack. A small solar panel is allowed as well, but not required, as there will be power available. 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. ★ 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.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Ear Plugs For defense against snoring and/or high winds.</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 have when visiting the city and traveling.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy