

American Alpine Institute^{Ltd.}

High Angle Rescue on Rock

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The rock climbing areas of Squamish, Leavenworth, & Index are all located in the Pacific Northwest. Squamish and Index are on the western side of the B.C. Coast Range and Cascades respectively, and because of this location these two areas enjoy a typical maritime climate of mild temperatures throughout the year with frequent precipitation in the winter and generally pleasant summers. Leavenworth is situated just to the east of the Cascade Crest and lies in the rain shadow of the mountains. Leavenworth experiences much greater temperature variation between summer and winter and far less precipitation than the western side of the mountains.

The preferred climbing season for Squamish and Index extends from about late April, through the summer, to the end of September. Summer highs can be up in the 80's but more commonly are in the 60's to 70's. Night time lows are usually around 50°F. Rain is not uncommon, particularly before mid-June. By contrast, Leavenworth is often quite warm in mid-summer and the climbing season begins about a month earlier and ends about a month later than areas on the west side of the range. Rain is less common here although the range of temperatures the climber might encounter here is much greater. A typical day in May or September might begin cool and pleasant, warm to the lower 70's by afternoon, and drop to a night-time low between 40-50°F.

Though it is possible for program participants to lodge in hotels near any of the cliffs, we recommend that you car camp in more convenient sites closer to the rock climbing areas. Not only is this generally more enjoyable and economical, but it allows for more efficient use of our limited time. If you decide to stay in a hotel you need not bring any of the items listed under the "Camping Gear" heading. (Please discuss this in advance with the AAI office to coordinate group logistics.) Food can be purchased in nearby grocery stores before (or during) the course. If you have any questions about the equipment requirements/recommendations don't hesitate to call the Institute office.

CLOTHING

Rock Shoes - Rock shoes are recommended for the Introductory course and required for the Intermediate and Master's courses.

Comfortable Walking Shoes - Running shoes or lightweight approach shoes are good. 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 for your walking shoes.

Shorts - Close fitting cotton/lycra shorts are best for freedom of mobility. Lightweight running shorts will work as well but need to be long enough to stay under legloops on harness..

Long Underwear Bottoms - Lightweight polypropylene or similar synthetic.

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

T-shirt - Lightweight short or long sleeve cotton shirt.

Long Underwear Tops - Lightweight polypropylene or similar synthetic.

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

Second Warm Layer - 100 weight or similar synthetic zip turtleneck or sweatshirt

Pile/Fleece Jacket

Wind Shell - Lightweight water repellent nylon recommended. This is often worn while climbing, so keep it light and simple. No waterproof coated nylon, please. Marmot makes a jacket called the DriClimb and is perfect for this application.

Rain Jacket with Hood - Gore-Tex or coated nylon. Bring this in addition to the wind shell.

Warm Hat - Fleece

Sun Hat - A baseball cap serves well.

Gloves - Lightweight polypropylene recommended.

CLIMBING GEAR

Climbing Harness - Should fit over bulky clothing. Adjustable leg loops help in this regard.

Locking Carabiner - Minimum of 1 "Pear" shaped and 1 D-shaped carabiners.

Climbing Helmet - Kayak or bicycle helmets are not acceptable.

Chalk Bag and Chalk - (optional) but recommended.

Etriers - (optional) 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 one inch 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 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 - 1800 - 2500 cubic inches. Climbs sometimes require a lengthy approach.

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.

Water Bottles - Bring 2 one quart wide mouth bottles.

Lunch Food - Lightweight and high energy.

Pocket Knife - or multitool.

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 or climbing shops.

Insect Repellent

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.

Sunglasses

Personal Toiletries - Bring 1/2 roll of toilet paper.

Camera and Film

Headlamp - Bring extra batteries.

CAMPING GEAR

If you bring 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 30°F.

Sleeping Pad - Thermarest or closed cell foam.

Stove & Lighters - Any small backpacking stove will do.

Fuel - Average of 4 OZ per day, keeping in mind that this number will vary greatly with individual menus. * (As a reminder, fuel cannot be taken on airplanes.)

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.*

Pots - One or two.

Water Jug - A gallon water jug is very handy around camp.

Utensils - Large cup, a spoon, and a bowl.