

American Alpine Institute^{Ltd.}

JOSHUA TREE ROCK CLIMBING EQUIPMENT LIST

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Joshua Tree National Park is located in the high desert of southern California. The winters are generally cool with highs in the 60's and lows at night in the 30's. Rain, or even snow, occasionally falls, but most days are sunny and pleasant. Routes in the shade are often a bit too cold but those in the sun seem just right. 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.) day time highs often climb to 80F with lows at night near a cool and comfortable 40F to 50F.

Though it is possible for program participants to lodge in hotels in the nearby town of Joshua Tree, we recommend that you car camp in one of the Park's campgrounds. The desert is a wonderfully quiet and beautiful place at night. The sunrise and sunset, and the star filled night-time sky are an important part of the Joshua Tree 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 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 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 granite is recommended.

Tennis or Running Shoes - for approaches to climbs, day to day wear.

Socks - Bring a couple changes both for your walking shoes and your rock shoes if you choose to wear socks with them.

Shorts - Shorts designed specifically for rock climbing work well.

Long Underwear Bottoms - Midweight polypropylene or similar synthetic.

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

T-shirt

Long Underwear Tops - Midweight polypropylene or similar synthetic.

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.

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. A good example of this is Cloudveil's Cirque shell or Marmot's Driclimb.

Warm Hat - Synthetic is less itchy than wool.

Sun Hat - A baseball cap serves well.

Gloves - Lightweight polypropylene recommended.

CLIMBING GEAR

Climbing Harness - with gear loops.

Locking Carabiner - Bring one.

Climbing Helmet - Kayak or bicycle helmets are not acceptable.

Chalk Bag and Chalk - (optional)

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 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 Joshua Tree are very short. Packs, extra clothing, etc. are normally left at the base of the route.

Water Bottles - Bring 2 one quart wide mouth bottles.

Lunch Food - Lightweight and high energy.

Pocket Knife - Swiss Army style knives are good as well as multitools like the Leatherman Tool.

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 - Bring 1/2 a roll of toilet paper.

Camera and Film

Headlamp or Small Flashlight - 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 25F.

Sleeping Pad

Stove - Any small backpacking stove will do.

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 - One or two.

Water Jug - Joshua Tree campgrounds have no water. Gallon jugs can be purchased (with water in them or filled at a local grocery store at the start of your course.

Utensils - Large thermal mug, a spoon and a bowl.

Lighter