



RED ROCK HIKING EQUIPMENT CHECKLIST

The primary goal of any hiker should be to have everything they need for a “worst case scenario”. Always be sure to bring extra layers, extra food and water, and a first aid kit. Even if you’re going for a casual day hike, it’s better to be over prepared than under prepared.

This list was designed for the “worst case scenario,” a trip with significant inclement weather. In serious conditions it’s not uncommon for a hiker 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.

At the start of the day, your guide will ensure that everyone is adequately prepared for the hike. They will also be able to refine your day pack for the hike to make sure 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 in the van.

Red Rock, NV: The Red Rock Canyon National Conservation Area is located in the high desert about 20 miles west of Las Vegas. In the spring (March and April) and the Fall (October and November), when climbing conditions are at their best, daytime highs often climb to 80°F with nighttime lows near 40°F to 50°F. The winters are normally cool and snow often covers the ground deep in the shaded canyon floors. Rain or snow occasionally falls, but the vast majority of days are sunny and fair. The weather can be breezy, especially high on rock routes.

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 - Website: <https://shop.alpineinstitute.com/>

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

[NOAA Red Rock Canyon Weather](#)

CLOTHING

Sun Hat

Ideally fits under a helmet. Ball caps with a button on top are NOT recommended. Visors or athletic hats are more comfortable, vent better, and are easier to clean and dry out.

Buy
 Own

Buff/Neck Gaiter (Optional)

Look for one that is UPF-rated. Lighter colors are better for warm conditions and darker for colder conditions.

Buy
 Own

Sun Glasses

Preferably with UVA/UVB protection

Buy
 Own

Headlamp

Bring extra batteries or charger for rechargeable battery style. Ideal range is 200-350 lumens.
Examples: Petzl Swift RL, Petzl Actik

Buy
 Own

Sports Bra

Wool or synthetic. Avoid bras with adjusters and clasps, as they could get compressed by your pack straps. Racerbacks are a popular option.

Buy
 Own

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.
Examples: Patagonia Capilene Cool Daily Hoody, Outdoor Research Echo, Rab Pulse

Buy
 Own

Lightweight Hiking Shirt

You will be wearing this during the hike, so it should be breathable, moisture-wicking and quick-drying for your comfort. Can be short-sleeve or long-sleeve depending on weather.
Example: Icebreaker Tech Lite, Arc'teryx Cormac T-Shirt, Outdoor Research Echo Duo Tee

Buy
 Own

Active Insulation Layer

Lightweight "gridded fleece" or lightweight synthetic insulated jacket. Hood preferred. Active insulation weight - 40g/m². Heavier insulation weight - 60-80g/m²
Examples: Patagonia R1, Patagonia Nano Air, Arc'Teryx Proton LT

Buy
 Own

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. 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.
Example Softshells: Black Diamond Alpine Start Hoody, Rab Borealis, Mountain Equipment Squall, Patagonia Houdini Air
Example Windproof: Patagonia Houdini, Arc'Teryx Squamish Hoody

Buy
 Own

Insulation Jacket (Optional)

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.
Example: Arc'teryx Nuclei FL, Patagonia DAS light, Patagonia Down Sweater

Buy
 Own

CLOTHING CONTINUED

Hardshell Jacket (Waterproof Rain Jacket) (Optional)

Non-insulated jacket with a waterproof and breathable membrane. Three-layer construction is recommended. It must have a hood, ideally helmet-compatible. When sizing, make sure it can fit over other layers.

Examples: Patagonia Torrentshell, Arc'Teryx Alpha AR, Mountain Equipment Lhotse

- Buy
 Own

Undergarments

Wool or synthetic.

- Buy
 Own

Soft Shell or Synthetic Hiking Pants

Thin, weather-resistant, breathable, and stretchy. You will wear these during your hike.

Examples: Patagonia Altvia, Mountain Equipment Ibex, Arc'Teryx Gamma FL

- Buy
 Own

Socks (2 pairs)

Wool or synthetic socks that are at least mid-calf height.

Examples: Darn Tough Coolmax Lightweight

- Buy
 Own

Hiking Shoes (Lightweight Boots or Trail Running Shoes)

You will wear these during your hike, so ensure they are snug and comfortable. Some hikers opt for trail running shoes as they are lighter and dry out faster than traditional hiking boots. Be aware that trail running shoes do not offer as much support as hiking boots do.

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

Example Lightweight Boot: La Sportiva Trango Tech, Scarpa Zodiac

- Buy
 Own

Trekking Poles (Optional)

Trekking poles are highly recommended. Poles help with balance while hiking and increase security. They also decrease the pressure on your knees during steep descents.

Example: Black Diamond Expedition 3

- Buy
 Own

Day Pack

25L to 35L is an ideal size. This will carry all of your food, water, and additional layers during your hike.

Example: Osprey Talon 33L Pack, Arc'teryx Aerios 30L Pack, Gregory Zulu 30L Pack

- Buy
 Own

Hydration & Water

2L capacity is recommended, though some people need more.

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.

Example: Nalgene 32 oz bottle, Hydrapak Seeker 2-3L, MSR Dromedary 4-8L

- Buy
 Own

Food & Snacks

You are responsible for your own food for the duration of the course. Please be sure to bring adequate food for the day.

- Buy
 Own

OTHER ESSENTIALS

Toothbrush and Toothpaste

Travel size recommended

Buy
 Own

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.”

Buy
 Own

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.

Buy
 Own

Pee Cloth (Optional)

A reusable, antimicrobial pee cloth, used in the place of toilet paper or wet wipes.

Example: Kula Cloth

Buy
 Own

Urination Device (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. *Example: Freshette*

Buy
 Own

Menstrual Cup (Optional)

There are many things to consider about backcountry menstruation, click on the [link](#) for more information.

Examples: Diva cup, Saalt, Lunette

Buy
 Own

Sunscreen

At least an SPF of 30+, zinc-based is preferred. Small travel-size tubes are recommended so you can put them in a close-by pocket for easy access.

Examples: ZBlok 45, 2oz containers are a nice size.

Buy
 Own

Lip Balm

Make sure if is SPF Rated.

Example: Blistex Gold Five Star Protection SPF 30

Buy
 Own

Personal First Aid Kit

- Band aids
- Blister Treatment
- Prescription Drugs, Ibuprofen, etc
- If you wear contacts, make sure you have spares if you can’t see without them

Buy
 Own

OTHER OPTIONAL ITEMS

These items are not required, although many are nice "luxury" items that can make your trip more enjoyable.

Gaia Navigation App

Optional Smartphone App.

- Buy
 Own

Map & Compass

Map should be of the Red Rock Canyon area. Compass must have declination adjustment.

- Buy
 Own

Altimeter Watch

If you have one then bring it, it is a great tool to have in the backcountry, especially for navigation.

- Buy
 Own

Portable Charging Device or Car Charger

A battery pack or car charger are nice to have if your phone dies.

- Buy
 Own

Insect Repellent

This is a nice item to have just in case. Sometimes even a headnet is nice.

- Buy
 Own

Camera

Phone cameras or small point-and-shoot cameras are preferred. SLR cameras are not recommended due to their size and bulk.

- Buy
 Own

Comfortable Clothing & 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 car.

- Buy
 Own