



ALUMNI HORSE TRIP EQUIPMENT LIST

Welcome to the Alumni Horse Packing Trip. Please review this equipment list thoroughly. Most everything you need for your trip is listed along with its availability from NOLS. We recommend that you use this list to help you pack. Please read the item descriptions carefully before making decisions about what equipment you may wish to bring with you.

GROUP EQUIPMENT

All items listed in this section are provided by NOLS and are shared among all expedition members. Group equipment is included as part of the trip price, although participants will be charged for any lost or damaged group equipment.

Tents or Shelters	First Aid Kits
Cooking Gear/Spice Kits	Equipment Repair Kits
Trowels or Shovels	Maps and Compass
Emergency Communication	Reference Books
Camp Lanterns	Fishing equipment
Fuel and Fuel Bottles	Saddles and Tack

PERSONAL EQUIPMENT

FOOTWEAR

- ___ **Socks:** 4 pairs. Socks must be heavy ragg wool or wool/polypropylene blend.
- ___ **Cowboy Boots:** 1 pair. Either pull on or lace-up styles are acceptable. Should fit with a thick pair of wool socks and a liner sock. Boots should have smooth, composition soles (without lugs), and at least a one-inch heel. Leather soles are too slick for the terrain.
- ___ **Camp Shoes:** 1 pair. Running, tennis, cross-training athletic shoes, or Crocs without holes.
- ___ **Insoles:** Optional. Will help with boot fit and comfort

CLOTHING

UPPER BODY GARMENTS: You'll need at least 3 insulating layers, plus a wind and a rain layer, which must fit comfortably over each other so they can all be worn at the same time. If you tend to get cold easily, add a vest in addition to the other 3 layers.

- ___ **Under Layer:** 1 mid-weight underwear top of wool, high performance polyester, polypropylene, or Capilene®.
- ___ **Middle Layer:** A mid-weight wool shirt, sweater or polyester pile pullover of Polartec® 100 or 200 type material.
- ___ **Top Layer:** A relatively thick wool or pile jacket or sweater will work, or you could use a synthetic-filled insulated vest or thin parka. There may be some cold nights when you might want to wear all your insulating layers at once, so this layer must fit loosely. Cotton retains moisture, so it is NOT acceptable for this layer.
- ___ **Wind Shirt:** A lightweight, breathable, nylon wind shell either pullover or parka

style. This must be large enough to fit comfortably over the 3 insulating layers. Gore-Tex® wind gear is acceptable.

___ **Rain slicker:** A durable, roomy, full-length waterproof garment, which will fit over all three insulating layers. Must be split to the waist to allow for riding. A waterproof rain suit is also an option instead of the slicker.

___ **Cotton T-Shirt:** 2. One for class days at the ranch and one for the field portion of your trip.

___ **Long Sleeve Cotton Shirt:** 2. Snap or button down, with a collar (one for the ranch and one for the trail) On warm days they help with sun protection. Long-sleeved cotton t-shirts are not a good option.

LOWER BODY GARMENTS: You'll need at least 2 insulation layers, plus a wind layer, which must fit comfortably over each other so they can all be worn at the same time. If you tend to get cold easily, bring the pile pants as your second layer.

___ **Primary Layer:** Mid-weight bottoms of wool, high performance polyester, polypropylene, or Capilene®.

___ **Denim Jeans:** 2 pairs of loose-fitting jeans in good shape that can be worn over your long underwear.

___ **Pile Pants:** Polartec® 200. Side zippers make them easier to put on over hiking boots.

___ **Wind Pants:** Breathable, nylon wind pants which are roomy enough to fit over all lower body garments. Gore-Tex® wind pants are acceptable. Zippered legs are useful for putting on over hiking boots.

___ **Hiking Shorts:** Loose fitting nylon athletic or river shorts.

BACKPACK, STORAGE BAGS, & SLEEPING GEAR

___ **Day Pack:** A medium-sized daypack (1,500- 2,000 cubic inch capacity).

___ **Clothing Bags:** 1-2. Nylon bags that are 12"X24". Zip bags or duffels will work. We use Outdoor Products® zip bags.

___ **Stuff Sacks:** 2-3. Small nylon bags for pack organization.

___ **Sleeping Bag:** We recommend synthetic-insulated bags (Quallofil®, Hollofil®, Polarguard®, etc.) for their durability and ease of care in the variety of conditions we encounter on courses. A bag with approximately 3 pounds of fill (rated to 15° or 20° F) is required.

___ **Compression Sleeping Bag Stuff Sack:** Extra large for bulky synthetic bags.

___ **Sleeping Pad:** A full length, closed cell foam pad to insulate and pad between the ground and your sleeping bag. Therm-A-Rest® pads with a patch kit are acceptable.

___ **Ground Cloth:** Used under the sleeping pad to help keep the sleeping bag clean. A lightweight piece of waterproof nylon material about 3' by 7' is all you need. A bivouac sack can be substituted if it's simple and lightweight.

MISCELLANEOUS PERSONAL GEAR

___ **Cowboy Hat:** Wide-brimmed hat for protection from sun and rain. Cheaper hats are likely to

leak in prolonged rain and will need a rain cover. Leather hats tend to become very heavy when wet. It is necessary that you have a functional form of head protection as riding slickers do not have hoods.

- ___ **Baseball Cap:** A baseball cap works great to keep the sun off your face. If you don't like wearing a cowboy hat all the time bring one.
- ___ **Wool or Pile Hat**
- ___ **Gloves:** 1 pair (either wool or Polartec®.)
- ___ **Leather Work Gloves:** 1 pair that can fit over your wool gloves. These are for hand protection while working with ropes and leading packhorses.
- ___ **Cup, bowl and spoon:** Tupperware bowls w/lids are recommended.
- ___ **Water Bottle:** 2 wide mouth quart or liter size.
- ___ **Bike Bottle:** Squirt type bottles are easier to drink from while riding. Highly recommended. Camelbacks® work as well.
- ___ **Lip Balm:** Stick, cream or tube type moisturizing balm SPF 15 or greater.
- ___ **Sunscreen:** 3 to 6 ounce tube with a SPF 15 or greater.
- ___ **Bandannas:** 1 or 2. Useful for a variety of purposes.
- ___ **Sunglasses:** Lenses should block 100% ultraviolet and 95% infrared light. Glasses should have a sturdy case. If you wear glasses, prescription sunglasses are recommended.
- ___ **Prescription Glasses and Contact Lenses:** If you wear them, bring a spare pair of glasses or lenses. Contact lens wearers should also bring a pair of glasses as backup.
- ___ **Head Lamp (or flashlight):** Should be durable and lightweight. Head lamps are preferred. Bring an extra set of batteries and an extra bulb. Flashlight attachment headbands are useful and recommended if you bring a flashlight.
- ___ **Plastic Trash Bags:** 2 heavy-duty lawn and garden bags (1.5 mil, 33 gallon) for making stuff sacks and backpacks more waterproof.
- ___ **Toilet Articles:** Toothbrush, toothpaste, comb, brush, skin lotion, tampons. Travel or trial sizes suggested.
- ___ **Underwear:** 2 changes of cotton underwear should be sufficient. Most women prefer sport bras.
- ___ **Notebook and Pens/Pencils:** A small, lightweight pad is fine.
- ___ **Watch:** Water-resistant.

OPTIONAL ITEMS

- ___ **Sunglasses Retainers:** Chums® or Croakies® for keeping track of your glasses or sunglasses.
- ___ **Insect Repellent:** One small bottle or tube. No aerosol spray cans.
- ___ **Pocket Knife:** One small knife is sufficient; simple Swiss Army knives are best.
- ___ **Camera and film:** Lightweight, compact cameras are sufficient; bring a protective case. Avoid heavy lenses and elaborate set-ups.
- ___ **Water Filter:** NOLS supplies Aqua-Mira for backcountry water purification. You may want to bring your own water filter such as the PUR Scout or Hiker, or the SWEETWATER Guardian.