



EQUIPMENT GUIDELINES

Alumni India Trekking Trip

Oct.11 - 23, 2010

"It is not to be supposed that experienced travelers will agree with me all around in matters of equipment. Every old camper has his own notions about such things, and all of us are apt to be a bit dogmatic." Horace Kephart, Camping and Woodcraft, 1917.
"When you finish a NOLS course, you're ready to start one." Paul Petzoldt, NOLS 1965.

There are quite a few items that we do expect you to bring with you—most of these you probably already own – and the remainder can be obtained locally at modest cost. Please read the descriptions carefully so you can make wise choices. Your instructors will inspect the gear you bring and make the final decision as to its suitability for the trip.

The Equipment List that follows includes all personal items you would normally need on an India trek. We have included a few optional items which are not strictly necessary but which you may wish to consider bringing. Keep in mind that the amount of gear you can take in the field is limited by both volume and weight. Please try to avoid bringing anything that is not on the list and give us a call if you have questions.

A special note:

These are equipment guidelines and they are not intended to be a comprehensive list of everything you might want on an outdoor expedition. Nor is there any guarantee that you will use each and every item on the list, but rather that there is the potential to use all the items depending on the environmental conditions and activities.

Please call the Alumni Office 800-332-4280, Willy or Rich or email alumni@nols.edu with equipment questions.

Footwear				
Equipment		Quantity	Comments	Check List
Hiking Boots		1 pair	Sturdy, all leather backpacking boots with good ankle support and proper fit	
Socks		5 pair	Crew length. Must be heavy ragg wool or wool/polypropylene blends	
Liner Socks		1-2 pair	Lightweight wool, polypropylene or Capilene® “wick dry” socks. Recommended if you prefer the liner and wool sock combination in your hiking boots.	
Gaiters		1 pair	Worn over the top of hiking boots to keep out dirt, mud and snow. Gaiters receive hard use; “tube” type gaiters are the most maintenance free. Gaiters with zippers should have a double closure system. Gaiters with restrictive fit are not acceptable.	
Camp Shoes		1 pair	Running, tennis or cross-training athletic shoes, in good condition, to wear around camp. Avoid expensive shoes. Open-toed “river” or “mountain” sandals are not	

acceptable.

Upper Body

You'll need at least 3 insulating layers, plus a wind proof and a rain proof layer, that can fit comfortably over each other so they can be worn at the same time. If you tend to get cold easily, add the fleece vest and/or insulated parka in addition to the other 3 layers.

Equipment	Quantity	Comments	Check List
T-Shirt	1	We recommend Capilene® or other synthetic rather than cotton t-shirts since they dry much faster. This layer is not considered an insulation layer.	
Base Layer	1	Mid-weight underwear top of wool, polypropylene, ZeO ₂ ™ or Capilene®	
Mid- Layer	1	Expedition weight tops of polypropylene, ZeO ₂ ™ or Capilene®. Medium weight wool shirt, sweater, or polyester fleece pullover of Polartec® 100 or 200 are also appropriate.	
Top Layer	1	A heavyweight, full-length zip fleece jacket of Polartec® 200 or 300 or equivalent or insulated parka.	
Fleece Vest	1	A polyester fleece vest of Polartec® 200 or synthetic filled vest. This is an extra layer that <u>may</u> be needed if you get cold easily.	
Insulated jacket (optional)	1	A lightweight, insulated parka filled with down or synthetic such as Polarguard®.	
Wind Shirt	1	A lightweight, breathable, nylon wind shell either anorak or full-zip style. This must be large enough to fit comfortably over the 3 insulating layers. Gore-Tex® wind gear is acceptable and can act as a Rain Jacket as well.	
Rain jacket	1	A roomy, lightweight waterproof garment that will fit over all 3 insulating layers. Rain jackets need to be thigh length. Rain pants are optional but nice. Coated nylon or breathable fabrics such as Gore-Tex® are acceptable.	
Sport Shirt/ Blouse	2	For airline travel, hiking into the mountains and for after your course. We recommend light colors since it will be hot.	

Lower Body

You'll need at least 2 insulating layers, plus a wind layer, that can fit comfortably over each other so they can be worn at the same time. The secondary layer and fleece pants can be interchangeable. If you get cold easily, you may want all three layers.

Equipment	Quantity	Comments	Check List
Underwear	3 pair	Capilene® underwear is recommended, but cotton will work.	

Hiking Shorts			1	Loose fitting nylon athletic or river shorts. Men may want shorts with liners.	
Base Layer			1	Midweight bottoms of polypropylene, ZeO ₂ TM or Capilene®.	
Mid-Layer			1	Expedition weight bottoms that must fit over the primary layer or fleece pants	
Fleece Pants			1	Polartec® 200 or equivalent. Side zippers make them easier to put on over hiking boots.	
Wind Pants			1	Breathable, nylon wind pants that 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.	
Cotton Pants/ skirts			2	For airline travel and for after your course. We recommend light colors since it will be hot. We recommend wearing full-cut drawstring style pant.	

Head, Neck and Hands

Equipment			Quantity	Comments	Check List
Gloves and Mittens			1 pair	1 pair each either wool or Polartec®.	
Mitten Shells			1 pair	1 pair water-repellent nylon shells that fit over your mittens or gloves.	
Wool or Fleece Hat			1	A warm hat made of wool or synthetic materials.	
Balaclava			1	Polartec® 100 or polypropylene.	
Sun Hat/ Baseball cap			1	Necessary for sun protection of your face and ears.	

Pack and Storage Bags

Equipment			Quantity	Comments	Check List
Backpack			1	NOLS rents NOLS/Lowe Alpine Systems (medium/large sizes) and Dana Designs (small/medium sizes) internal frame packs. If you already own a large backpack, please bring it with you. Internal frame packs should have a volume of 6,000 - 7,000 cubic inches. Anything smaller will need two large accessory side pockets. A sleeping bag compression stuff sack is required with internal frame packs. If you decide to purchase an internal frame pack, NOLS recommends the NOLS/Lowe Alpine Systems, Dana Designs Astraplane, North Face Aurora, Arc'teryx Bora 95, Gregory Denali or other packs of similar quality and capacity.	
Side Pockets			1	Long accessory side pockets. Will attach to any pack with standard side compression straps. Necessary for smaller internal frame packs between 5,000 and 6,000 cubic inches.	
Day Pack			1	A medium-sized day pack (2,000 to 2,400 cubic inch capacity). The day pack is used for carrying essential	

			items during airplane and bus travel but will not be used once you start hiking.	
Travel Duffel		1	A very large (8,000+ cu. in) zippered, nylon shipping bag to store all your belongings, equipment, and backpack during the flight to and from India. Backpacks can be damaged if not protected inside a duffel during baggage handling.	
Stuff Sacks		2-3	Small nylon bags for pack organization.	

Sleeping Gear

Equipment		Quantity	Comments	Check List
Sleeping Bag		1	We recommend synthetic fill 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 0° or 10° F) is required. Down or feather-filled bags are appropriate if made with DryLoft® or accompanied by a bivy sack .	
Compression Stuff Sack		1	Large compression stuff sacks are highly recommended with internal frame packs.	
Sleeping Pad		1	A full-length, closed cell foam pad to insulate and pad beneath your sleeping bag. Therm-A-Rest® full length or 3/4 length pads are acceptable if you bring a patch repair kit.	
Sleeping-Pad Stuff Sack		1	A heavy-duty nylon storage bag to protect your sleeping pad from damage.	

Miscellaneous Items

Equipment		Quantity	Comments	Check List
Eating Utensils		1 of each	Insulated mug, bowl and spoon. Insulated mugs with lids, 12 to 20 ounces work great! Resealable Tupperware® containers are great as bowls.	
Water Bottle		2	Wide mouth (16 oz., 32 oz., 48 oz. size). Some people prefer to take a 32 oz. and 16 oz. bottle, using the smaller bottle for their mug.	
Lip Balm		1	Stick, cream or tube type moisturizing balm with Sun Protection Factor (SPF)15 or greater.	
Sunscreen		1	2-4 ounce tube with a Sun Protection factor (SPF)15 or greater. Fair skinned people may need more.	
Sunglasses		1 pair	Lenses should block 100% ultraviolet and 95% infrared light. Glasses should have side shields and a sturdy case. Clip-on lenses are an inexpensive option if you wear glasses. We have nose shields and side shields for sale.	
Bandannas		2	Useful for a variety of purposes.	
Pocket Knife		1	One small, folding pocket knife is sufficient	

Prescription Glasses and Contact Lenses		1	If you wear them, bring a spare pair of glasses or lenses. Contact lens wearers should also bring a pair of glasses as backup.	
Headlamp or Flashlight		1	Should be durable and lightweight. Headlamps are recommended since they free up both hands for work. Bring an extra set of batteries and an extra bulb. Flashlight attachment headbands are useful and recommended if you bring a flashlight.	
Disposable Lighter		2	They are used to light your camp stoves.	
Plastic Trash Bags		2	Heavy-duty lawn and garden bags (2 mil, 33 gallon) for making stuff sacks and backpacks more waterproof. 3 mil contractor cleanup bags are great for lining entire packs.	
Toilet Articles		1	Toothbrush, toothpaste, comb, skin lotion, tampons. Travel sizes are enough.	
Notepad and pens/pencils		1 each	A small, lightweight stenographer pad is fine.	
Watch		1	Water-resistant. An alarm and a light feature are helpful.	
Accessory Cordage		1	6 mm static cord. It is best to buy these from NOLS as each course uses different lengths.	

Optional Items				
Equipment		Quantity	Comments	Check List
Neoprene Socks		1 pair	Lightweight neoprene socks <i>without</i> a hard sole.	
Sunglasses Retainers		1	Chums® or Croakies® for your glasses or sunglasses.	
Candles		1-2	Plumbers candles (approx. 1" x 4.5").	
Trekking Poles		1 set	Ski poles or walking poles are great for relieving stress on the knees while hiking downhill and for support going up.	
Camera and Film		1	Lightweight, 35 mm compact cameras are sufficient; bring a protective case. Avoid heavy lenses and elaborate set-ups.	
Water Filter		1	NOLS supplies Potable Aqua tablets (hydroperiodide) for backcountry water purification. However, <i>if you are sensitive to iodine</i> , you may need to bring your own chlorine based tablets or a water filter such as the PUR Scout or Hiker, or the SWEETWATER Guardian.	
Group Equipment- NOLS Will Supply				

Expedition members share both the use of and the responsibility for the group gear that NOLS issues. NOLS charges only for group equipment lost or damaged. Keep in mind that NOLS evaluates gear from a number of perspectives beyond those which an individual might consider. Performance, durability beyond those which an individual might consider are factors towards our gear selection. Items listed below are provided by NOLS and shared among trip members:

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| Cooking Gear/ Spice Kits | Binoculars |
| Stoves | Maps & Compass |
| Tents & Shelters | Reference Books |
| Fuel and Fuel Bottles | Potable Aqua |
| Equipment Repair Kits | |

FIRST AID KITS: Our instructors carry adequate First Aid Kits. There is no need to bring your own.

Please Note: Unlike on your NOLS student course, you will not be charged an equipment deposit. Any rental fees incurred or items purchased are the responsibility of the individual.