



## NOLS ALUMNI TRIP – EQUIPMENT GUIDELINES FLY FISHING & RAFTING ON ALASKA’S LAKE CREEK

*"When you finish a NOLS course, you're ready to start one." Paul Petzoldt, NOLS 1965.*

When you finish this trip, **you** will be the expert on your own equipment needs and preferences. There are many options, a lot of variables and no two people ever agree completely on what constitutes the "ideal" jacket, the "best" sea kayak or even the "proper-sized" cup. We do not recommend that you go out now and buy a lot of specialized gear for this trip because after a week in the bush, you may wish you'd gotten something different.

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 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 this route, weather and the planned activities.

As a service to our students, NOLS Alaska maintains an inventory of the more specialized equipment you will need. If you already own an item that matches the description, feel free to bring it along; otherwise you can rent most of the items from us. We'll provide the specialized gear and expedition equipment that is shared by the entire group.

The following equipment list includes all personal items you would normally need on an Alaska rafting course. 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 avoid bringing anything that is not on the list and give us a call if you have questions. The availability of each item is indicated at follows:

**Purchase Only** – Indicates that the item can be purchased from NOLS, but is not available for rent.

**Must Bring** – Indicates that the item is NOT AVAILABLE from NOLS.

**A special note:** These are equipment guidelines, not a comprehensive list of everything you might want on an outdoor expedition. Nor is this a 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.

### **Following these guidelines...**

**Can you still be uncomfortable at times? Yes**

**Will you wish you had brought some other item for comfort? Yes**

**Will you use everything you have packed? Probably not**

**Are all optional luxury items listed in the guidelines? No**

**Will you keep body and soul together by following these guidelines? Yes**

## Footwear

Equipment	Rental Price	Purchase Price	Quantity	Comments
Rubber Boots	\$6	\$100	1 pair	We issue rubber knee boots or hip waders for loading and unloading boats. If you have a shoe size of 12 or larger, we recommend that you look into buying a pair or neoprene booties to wear as your paddling shoes. If you own a pair of boots that you like, bring those. Buy big enough to wear comfortably with wool socks.
Neoprene Socks (optional)	Purchase only	\$20	1 pair	Lightweight neoprene socks <i>without</i> a hard sole. Can be worn with river sandals in the place of neoprene booties, but not as warm as rubber boots.
Wool Socks	Purchase Only	\$6-\$15	2-3 pair	75-100 percent wool, heavy rag type or thick polypropylene (no wool/ cotton blends). A pair of neoprene socks (lightweight socks constructed of neoprene that do not have hard soles) may substitute for one pair.
Insoles	Purchase Only	\$4	1 pair	Can be either pressed wool felt or closed cell foam.
Wading Shoes	Must Bring	Must Bring	1 pair	Many prefer wearing nylon shorts and wading shoes. These could be an old pair of tennis shoes that you'll be getting wet. Specialized wading shoes work.
Stocking foot waders	Must Bring	Must Bring	optional	Fly weight sock waders (this type fits inside a wading shoe) that will fit in day pack easily.
Camp Shoes	Must Bring	Must Bring	1 pair	Sneakers or running shoes to wear around camp. Do not bring leather hiking boots.

## Upper Body

Equipment	Rental Price	Purchase Price	Quantity	Comments
T-Shirt	Purchase Only	\$15-\$32	1	Polypropylene or cotton to wear on warm days. Polypro can dry much more quickly than cotton. This is not considered an insulation layer.
Base Layer	Purchase Only	\$25-\$60	1	Mid-weight underwear top of wool, polypropylene, ThermaDry™ or Capilene®. Mid-weights only constitute a half-layer, while expedition-weights count as a whole layer.
Mid- Layer	Must Bring	Must Bring	1	Fleece or wool sweater. Should be at least 75 percent wool, no wool/ cotton blends.
Jacket	\$8	\$135	1	An Insulated Jacket such as the Mountain Hardwear Chugach or Patagonia Puffball, should fit over your other layers.
Fleece Vest	\$5	\$45-\$90	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. Optional
Wind Shirt	\$5	\$25-50	1	A nylon wind shell (not waterproof) that should be roomy enough to fit comfortably over all upper-body layers. Gore-Tex is acceptable. This is not an insulation layer.
Paddling Jacket	\$8	\$60-\$200	1	Waterproof pullover with neoprene cuffs that fits over other layers as well as the PFD. Bring your old rain jacket/ pants as

				well, as you might be able to substitute it for the padding jacket. You instructors will make the final decision.
Rain jacket	\$8	\$45-\$195	1	If you want to bring your own, we recommend quality, rubberized rain gear such a that made by Peter Storm, Helly Hansen, Patagonia or Atlantis.Gore-Tex XCR or other waterproof breathable parka is acceptable

### Lower Body

Equipment	Rental Price	Purchase Price	Quantity	Comments
Underwear	Must Bring	Must Bring	2-3 pair	Briefs or boxer shorts. We recommend women bring silk or nylon “undies” which dry fast after a wash. Many outdoor stores well polypropylene underwear which are a bit expensive but will keep you warm and dry in this wet climate. Jogging bras made out of supplex/ lycra or polypropylene wick moisture away from your skin and come highly recommended.
Nylon Shorts	Purchase Only	\$30-\$45	1	Lightweight athletic shorts are fine. These are not an insulating layer.
Long Underwear	Purchase Only	\$25-\$45	1	These must be polypropylene, polyester or at east 75 percent wool. Cotton and Duofold are not acceptable.
Fleece Pants	\$5	\$65-\$100	1	We rent polar fleece pants. Wool pants are acceptable but are heavier and take much longer to dry tan fleece. Expedition weight long underwear bottoms are also acceptable.
Wind Pants	\$5	\$50	1	Nylon shell pants, not waterproof. These should fit over both lower-body layers. Side-zippers allow the pants to go on over boots. Breathable fabrics such as Gore-Tex® are acceptable, but lightweight running pants are not durable enough.
Rain Pants	\$8.	\$55-\$185	1	We rent Gore-Tex XCR rain pants.

### Head, Neck and Hands

Equipment	Rental Price	Purchase Price	Quantity	Comments
Rain hat	\$2	\$20	1	We rent sou’wester-type rain hats.
Gloves	Purchase Only	\$10-\$30	1-2 pair	Ragg wool, fleece or polyproylene are fine. If your hands get cold easily, bring a pair of mittens as well.
Neoprene Gloves	Must bring	Must Bring	1 pair	Keep sensitive hands warm and dry
Wool or Fleece Hat	\$2	\$20	1	A fleece hood or balaclava may substitute; also available for rent or purchase. A basic ski-type hat works well.
Sun Hat/ Baseball cap	Purchase Only	\$12-\$22	1	Should be wide-brimmed to shield sun and rain.

### Pack and Storage Bags

Equipment	Rental Price	Purchase Price	Quantity	Comments
Large Zip Bag	\$2	\$20-\$30	1	12”X24” nylon duffel bags.

Small Zip Bag	\$24	\$20-\$30	2	9”X18” nylon duffel bags. For personal gear
Large Dry Bag	We provide		1	This is where all of your camping gear and clothing will be stored. NOLS ca provide these and we recommend you use ours. If you have a roll down waterproof dry bag big enough for your personal gear you may bring it.
Waterproof Bag Liners	Purchase Only	\$0.50	6-7	Plastic trash compactor bags are sturdy and work well. These can be found in most grocery stores.
Small Dry Bags	Purchase only	\$13 - \$36	1	There are several kinds on the market. A small one for your personal gear can be nice.
Stuff Sacks	\$1	\$3-\$10	1-3	To organize personal gear like toiletries or eating utensils

### Sleeping Gear

Equipment	Rental Price	Purchase Price	Quantity	Comments
Sleeping Bag	\$10	\$140-\$150	1	We use only synthetic filled sleeping bags (Polarguard, Light Loft) with a rating of at least 15 degrees. Due to the extremely moist environment down bags are <u>not</u> acceptable.
Compression Stuff Sack	\$4	\$28-\$35	1	A compression sack lined with plastic trash compactor bags is recommended. A large waterproof (rubberized) bag works well too. REI, Northwest River Supply, Easy Rider and Bill’s Bags are suitable.
Sleeping Pad	\$2	\$60 -120	1	Should be a closed cell foam pad and 3/8 “ thick or self inflating pad such as Thermorest.

### Miscellaneous Items

Equipment	Rental Price	Purchase Price	Quantity	Comments
Eating Utensils	Purchase Only	Bowl \$4 Spoon \$2 Mug \$14	1 of each	Insulated mug, bowl and spoon. Insulated mugs with lids, 12 to 20 ounces are recommended. A 1-2 quart Tupperware® style bowl with lid is a popular choice.
Water Bottle	Purchase Only	\$8	1	Wide mouth quart or liter size. Bike bottles work well too.
Lip Balm	Purchase Only	\$2	1	Tube or stick with sun protection
Sunscreen	Purchase Only	\$6	1	2-3 ounce tube with a SPF 23 or greater is necessary. Fair skinned people may need more.
Sunglasses	Purchase Only	\$25-\$125	1 pair	Most sunglasses work well if they have 100% Uv protection. If you wear prescription lenses and have limited vision without them, bring your own prescription sunglasses or a pair of quality polarized clip-on sunglasses.
Bandannas	Purchase Only	\$2	1-2	These are often used as a small towel or washcloth. A small “pack-towel” by Therm-A-Rest works well, sa they dry fast. Terry-cloth not acceptable.
Pocket Knife	Must Bring	Must Bring	1	One small, folding pocket knife is sufficient. Should have a 4-6” blade and LOCK.
Prescription Glasses and	Must Bring	Must Bring	1	If you wear them, bring a spare pair of glasses or lenses.

Contact Lenses				
Eyeglass Retainer	Purchase Only	\$3-6	1	A “chums” or “croakie” style retainer can be indispensable for keeping hold of those eyeglasses and sunglasses. You can purchase these at outdoor or eyeglass stores.
Headlamp or Flashlight	Purchase only	\$15 - 30	1	These are helpful in late July and August, especially if you enjoy reading in the evening.
Bic Lighter	Purchase Only	\$1	1-2	Used to light camp stoves.
Toilet Articles	Must Bring	Must Bring	1 each	Toothbrush, toothpaste, comb, skin lotion, tampons (bring more than you usually use. Travel sizes are enough. Odorous items can be bear attractants and should be avoided.
Insect Repellant	Purchase Only	\$4	1	A small bottle
Watch	Must Bring	Must Bring	1	A cheap watch is best; one that is waterproof and has an alarm is preferable.

## Optional Items

Equipment	Rental Price	Purchase Price	Quantity	Comments
Candles	Must Bring	Must Bring	1-2	Plumber’s candles or Pink ladies are find. These come in handy for August trips.
Camera and Film	Must Bring	Must Bring	1	You will need some type of waterproof container. An Army surplus ammo box or small drybag works well.
Binoculars	Must Bring	Must Bring	1	All instructors and past participants strongly recommend that you bring a pair. You will need a waterproof bag. These need not be too large or expensive. A 7X35 or 8X35 is a good choice. NOLS does not have any for group use.
Instrument	Must Bring	Must Bring	1	Bring your harmonica or any other small instrument that can withstand a damp environment.
Mosquito Headnet	\$1	\$12	1	If you do bring your own headnet, make sur the mesh is not only mosquito proof but gnat and black fly proof as well.
Collapsible Umbrella	Purchase only	\$15-30	1	There may be rainy days on this trip and an umbrella comes in handy when you just want to run over to another camp or take a walk. The umbrella can also be used to keep some bugs way from your face as they tend not to fly under the umbrella.
Thermos	Purchase Only	\$25-\$50	1	All participants and instructors recommend a thermos. A one-quart vacuum bottle is perfect. A warm cup of tea or cocoa can make a huge difference on cold, rainy days. Be sure it is stainless steel and not glass.
Scarf/ neck warmer	\$1	\$8-\$20	1	Should be fleece or at least 75% wool
Fishing Gear	Must Bring	Must Bring		NOLS provides each trip with 2-3 spin/combo fishing rods and tackle. If you consider yourself an avid angler, bring your own gear as well. Fly fishing equipment must be for salmon/ sea fishing; ad 8 wt. 8’-9 1/2’ rod with comparable

				reel and line is suggested. Red and white buck tail streamers on a #4 or #5 long-shank seem to work best. All participants who want to fish must buy a State of Alaska Fishing license- these are available at the NOLS branch.
Flies	Must Bring	Must Bring		See Attached list
Swimsuit	Must Bring	Must Bring	1	Women may want to bring a lycra jogging top for hot days
Book	Must Bring	Must Bring	1	For pleasure reading. River trips carry a bag of mixed history, paddling and environmental books for everyone to use.
Notebook and pen/ pencil	Purchase only	\$1-10	1	A steno-type notebook is fine. Avoid heavy notebooks.
Crazy Creek/ similar chair	Purchase Only	\$20-\$60	1	Past participants strongly recommend these for those social get-togethers on the beach.

### 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 user might consider. Performance, durability and simplicity are all contributing factors towards our gear selection. Items listed below are provided by NOLS and shared among trip members:

Cooking Gear/ Spice Kits  
Stoves  
Tents & Shelters  
Fuel Bottles, Funnel  
All rafting gear

Binoculars  
Maps & Compass  
Reference Books  
Equipment Repair Kits  
Dry Bags

Trowels/ Shovels  
Whetstone  
Pepper Spray

**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.

**You** will need to purchase a fishing license for the duration of the trip. A non-resident two-week license is \$80 and a seven-day license is \$55. A seven-day license is appropriate for this trip. We will sell fishing licenses on the first day of your trip. Please plan to pay for your license by cash, travelers' check or personal check.

**FISHING EQUIPMENT:** Please bring your own fishing gear, including rod, reel, tackle and waders. Below is a list of the basic fly fishing equipment that will be useful on this trip. Two rod weights are specified- bring whichever you have— you don't need to have both weights. NOLS will flesh out the rod weights with school rods.

- Rods/reels/lines: A 5 or 6 weight setup is most appropriate for fishing trout and Grayling. A 8 or 9 weight setup is best for fishing Salmon.
- Flies: the more the merrier, a wide range of types and sizes work. A separate list is provided – please bring a selection.
- Waders: Any style stocking foot waders with a felt sole wading boot will work. The breathable ones are highly recommended. There will be a lot of in and out of the rafts on this trip.
- Other gizmos: nippers, hemostats, leaders, tippet, fishing vest, etc. Feel free to bring reasonably small/light items.
- Polarized fishing glasses: these can relieve stress on the eyes when fishing, as well as help you spot the fish. Good sunglasses are the single most important item after your rod/reel.

**Below is a list of suggested flies for this trip. We'll have a group backup supply, but please bring your own.**

Salmon Flies: #1, 2, 4

Egg Sucking Leach in purple, black  
Flash Fly in red/silver, chartreuse, hot pink  
Everglows  
Hairball leach in black, pink, chartreuse  
Popsicle  
Pixies Revenge  
Cone Pixies Revenge  
Alaskan Polar  
Heavy bright maraboo in fuchsia, orange, purple

Trout Flies:

Lots of 6mm, 8mm, 10mm pink and marble pink beads  
With # 8 skud hooks  
Globugs in #6, 8, &10 in pinks and oranges  
RJ Wolleys #6  
Fat Boy: Chartreuse, Orange, Pink # 5/0, 4/0

Grayling:

Adams  
Mosquitoes  
Cadis  
Bead head prince nymphs  
Irresistible cadis