

Equipment Guidelines

NOLS Alumni Teton Ski and Snowboard Trip

February 22 – 27, 2009

"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.

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.

Though you are not required to rent or purchase equipment from us, we can supply a majority of the necessary gear, other than that of a personal nature, from our outfitting room at the Teton Valley Branch. We expect to provide the specialized gear and gear which is shared by the entire group.

The Equipment List that follows includes all personal items you would normally need on a winter ski trip in the Rockies. We have included a few optional items which are not strictly necessary but which you may wish to consider bringing. The necessity of each item is indicated as follows and items marked with an * are available for purchase from NOLS:

Must Bring: Indicates items that are not available to rent, but they are useful/necessary for comfort and enjoyment on the trip.

Purchase Price: Indicates what you **might** expect to pay for these items (NOLS or retail).

May Bring: Indicates optional items that are nice but not absolutely necessary.

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. Feel free to bring additional items that you deem appropriate.

Footwear

Equipment	Description	Comments
Wool or Polypro Socks	Heavyweight ragg wool type is recommended. Smartwool®, and expedition weight pile socks work well. Bring 2-3 pr of	Your sock system should ultimately look like this: 2 sets of travel socks (this may be 1 pr liners + 1 pr wool or 2 pr wool). 1 or 2 pr for lounging and sleeping.
Liner socks optional	Polypropylene or Capalene.	
Booties slippers	To wear around inside.	
Gaiters*	These are leggings worn over the top of the boot to protect against snow. We rent ski boot specific gaiters.	
Snow board Boots	As with all boots, if you have your own, bring them. Our rentals have removable liners, very helpful. We have sizes 6 -12. We use strap bindings on our boards.	
Telemark Boots	. We rent Scarpa T3's, and Garmont Veloces & Liberos. We have sizes 5 - 13	

Upper Body

You'll need at least 3 insulating layers (cotton layers don't count as insulation), plus a wind proof and an insulated parka, which must fit comfortably over each other so they can be worn at the same time. If you tend to get cold easily, add a fleece vest in addition to the other 3 layers.

Equipment	Description	Comment
Lightweight underwear top*	This layer should be very thin. Wool or synthetic material only. Cotton and cotton blends are not acceptable. Lightweight or mid weight Capilene, Poly pro or ZeO2.	
Mid-weight insulation layer*	Worn next to the skin or over the lightweight uppers. Medium-weight synthetic or wool underwear tops, an "expedition weight" (thin) fleece or thin wool.	
Ski Jacket	A simple, lightweight nylon shell, which is tightly woven to keep the wind from blowing through your insulation layers. Gore-tex jackets are nice to have for days at Grand Taghee and on big storm days in the backcountry.	
Fleece or Insulated Jacket	We rent heavy fleece jackets. We do not rent primaloft or polarguard or down jackets but they work well for this layer if you already own one.	
Insulated Parka	A synthetic fill winter parka with a hood. Must fit comfortably over all of your upper body layers. Our Dacron jackets are easy to pull on at breaks and are very warm.	Your torso layers should look something like this: 1 t-shirt (opt.); 1-2 mid weight tops; 1 expedition wt top; 1 fleece/insulated jacket; 1 windshirt/ski jacket; 1 insulated parka.

Lower Body

You'll need at least 3 insulating layers, plus a durable wind layer and a pair of insulated pants, which can fit comfortably over each other so they can be worn at the same time.

Equipment	Description	Comments
Long Underwear	Warm people can get by with two lightweight pairs, cold people will want an expedition weight pair. Poly pro, Capilene, or ZeO2.	Your lower body layers should look something like this: 1 pr mid-weight; 1 pr expedition weight or fleece; 1 pr wind or Gore-tex pants.
Fleece pants	Fleece pants are nice for those stormy/cold days and for casual evening wear.	
Wind Pants or Gore-tex pants	Breathable nylon wind pants that are room enough to fit over lower body layers. Side zippers are a must. Gore-tex Pants, without insulation are the preferred option by most instructors.	
Insulated Pants	Our 'dacron' pants have full side zips, you can take them off or put them on even with your skis on.	

Underwear: Silk, Synthetic, or none. We recommend women bring 2-3 pr. Synthetic with cotton crotch. Men can bring synthetic or just wear long underwear.

Head, Neck and Hands

Equipment	Description	Comments
Bandannas*	These have a multitude of uses.	
Warm Hat*	Any sort of wool or synthetic watch cap or ski hat that will cover the head and ears on cold days.	
Sun Hat*	A baseball cap works great to keep the sun off your face.	
Gloves and Mittens*	Made of wool or thick pile. Liner gloves made of thin polypropylene.	Your hand layers should look something like : 1 pr liner; 2 pr other gloves/mittens; 1 pr glove mitten shells; 1 pr insulated mittens.
Mitten/glove Shells	Water repellent nylon shells that fit over your mittens and gloves	
Insulated Mittens	Synthetic fill mittens that fit comfortably over your mittens and gloves	

Pack and Storage Bags

Equipment	Description	Comments
Day Pack	A medium-sized daypack (1,800- 2,000 cubic inch capacity).	
Stuff Sacks	2-3 Small nylon bags for pack organization.	

Sleeping Gear

Equipment	Rental Status	Purchase Price	Quantity	Comments	Check List
Sleeping Bag	Can rent	\$100-\$300	1	We will be sleeping inside, light bag will do.	

Miscellaneous Items

Equipment	Rental Status	Purchase Price	Quantity	Comments	Check List
Water Bottle*	Must Bring	\$5-\$10	1	Wide mouth (16 oz., 32 oz., 48 oz. size).	
Lip Balm*	Must Bring	\$2	1	Stick, cream or tube type moisturizing balm with Sun Protection Factor (SPF)15 or greater.	
Sunscreen*	Must Bring	\$5.50	1	2-4 ounce tube with a Sun Protection factor (SPF)15 or greater. Fair skinned people may need more.	
Sunglasses*	Must Bring	\$30-\$50	1 pair	Lenses should block 100% ultraviolet and 95% infrared light. Should have side shields and a sturdy case.	
Pocket Knife*	May Bring	\$10-\$50	1	One small, folding pocket knife is sufficient	
Prescription Glasses and Contact Lenses	Must Bring if needed		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*	Must Bring	\$16-\$38.50	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.	
Toilet Articles	Must Bring		1	Toothbrush, toothpaste, comb, skin lotion, tampons. Travel sizes are enough.	
Notepad and pens/pencils	May Bring	\$2-\$5	1 each	A small, lightweight stenographer pad is fine.	
Watch	May Bring	Varies	1	Water-resistant. An alarm and a light feature are helpful.	
Snowboard	Can rent		1 if needed	Bring a snowboard that is in good condition. If you don't want to lug one across the U.S., NOLS Teton Valley does rent split boards.	
Snow Shoes	Can rent		1 if needed	For snowboarders traveling overland or up hills.	
Ski Poles	Can rent		1 pair	Strong Nordic touring poles with adequate baskets, or alpine poles with large baskets. Telescoping poles are versatile and work well.	
Telemark Skis	Can rent		1 set if	You may wish to travel to the Yurt and in the backcountry	

Boots and Bindings or an AT set up			needed	on skis. In that case we recommend steel edged, single camber skis, designed for telemarking, mounted with a cable binding system. Plastic boots are nice. If you have AT gear it is acceptable as well.	
Climbing Skins	Can rent		1 pair if needed	Natural or synthetic climbing skins for ascending hills and traveling over land. NOLS uses plastic "SnakeSkins"	
Optional Items					
Equipment	Rental Status	Purchase Price	Quantity	Comments	Check List
Liner socks*	May Bring	\$8	1-2 pair	Lightweight synthetic socks worn next to skin to "wick". Not a substitute for the 6 heavy pairs of socks	
Sunglasses Retainers*	Must Bring	\$5	1	Chums® or Croakies® for your glasses or sunglasses.	
Candles*	May Bring	\$0.60	1-2	Plumbers candles (approx. 1" x 4.5").	
Alpine Ski Goggles	May Bring	\$20	1	These are STRONGLY RECOMMENDED for the skiing at Targhee Ski Area	
Helmet	Can rent	\$30-\$100	1	If you have your own you should feel free to bring it.	
Camera and Film	May Bring	Varies	1	Lightweight, 35 mm compact cameras are sufficient; bring a protective case. Avoid heavy lenses and elaborate set-ups.	
Crazy Creek Chair*	May Bring	\$50	1	Everyone seems to like having a chair to relax in while at camp.	

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 that is lost or damaged. 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 or Shelters
Fuel and Fuel Bottles
Gear sleds

Camp Lanterns
Maps & Compass
Reference Books
First Aid kits
Ski waxes

Trowels/ Shovels
Snow shovels and saws
Equipment Repair Kits
Emergency Radio/Cell phone
Avalanche Beacons

If you have gear items that are not included in this list that you feel are necessary or would make for a better alumni trip experience, please call us or bring them along—your instructors will make the final call on amount and type of gear taken into the field.