



**NOLS ALUMNI COURSE
GANNETT PEAK MOUNTAINEERING
JULY 23-AUGUST 2, 2012
EQUIPMENT LIST**

Welcome to the Gannett Peak Mountaineering Alumni Course. Please take time to 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. Following the equipment list, we have attached item descriptions for every item listed. Please read the item descriptions carefully before making decisions about what equipment you may wish to purchase or 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 course tuition, although participants will be charged for any lost or damaged group equipment.

Tents and Shelters	Cooking Gear
Fishing Rod Outfits	Reference Books
Camp Stoves	Bear Resistant Food Containers or fence
Small Complete Tackle Kit	First Aid Kits
Fuel and Fuel Bottles	Trowels or Shovels
Maps and Compass	Equipment Repair Kits
Safety Equipment	Climbing Gear

Fishing gear: NOLS will provide rods, reels, line, leaders, tippet, floatant, nippers, flies, and other fishing odds and ends. You are not required to bring any fishing equipment but if you have a favorite pack rod bring it.

PERSONAL EQUIPMENT

Upper Body Layers				
We layer our clothing, combining different garments to achieve optimum insulation and protection from wind, rain and snow. We use either synthetic or wool fibers, which insulate when wet. We avoid cotton, which is poor insulation when wet. It is common to need 3 insulating layers and a vest.				
Equipment	Rental Price	Purchase Price	Quantity	Comments
Base Layer (Mid-Weight Synthetic)	Purchase at NOLS RM	\$40-\$60	1	Mid-weight underwear top made of wool, synthetic, or Capilene®
Middle Layer (Fleece Pullover)	Purchase at NOLS RM	\$50-\$60	1	Polyester fleece pullover/expedition weight top of Polartec® 100 or 200, or a wool sweater.
Top Layer (Synthetic Jacket)	\$40	\$170-\$190	1	Synthetic full-length zip jacket. Fleece or fiberfill jacket of Polartec® 300 or

				equivalent weight. We carry the Mountain Hardwear Compressor Jacket.
Wind Shirt / Anorak	\$20	\$55	1	A lightweight, breathable, durable nylon wind shell in either pullover or parka style. Lightweight nylon exercise jackets usually are not sturdy enough to survive a NOLS course.
Rain Jacket	Purchase at NOLS RM	\$90-\$150	1	A sturdy, roomy waterproof jacket with a hood. Both coated nylon and breathable fabrics such as Gore-Tex® are acceptable.
T-shirt	Purchase at NOLS RM	\$28- \$35	1	A lightweight polyester / Capilene® T-shirt.

Lower Body Layers

You will need 1-2 synthetic insulating layers (usually an under layer and in early summer, a pair of fleece pants). All must fit comfortably over each other so that they can be worn at the same time. If you tend to get cold easily, add a middle layer of mid-weight bottoms to the under layer and fleece pants.

Equipment	Rental Price	Purchase Price	Quantity	Comments
Base Layer (Mid-Weight Synthetic)	Purchase at NOLS RM	\$30-\$45	1 pair	Mid-weight bottoms of high performance polyester, synthetic, or Capilene®. Cotton and cotton blends are not acceptable.
Middle Layer (Exp-Weight Synthetic)	Purchase at NOLS RM	\$40-\$60	1 pair	Expedition-weight bottoms that fit comfortably over the under layer bottoms.
Fleece Pants	\$20	\$60	1 pair	Polartec® 200 or equivalent. Side zippers (full length, or knee high) make it easier to put pants on over hiking boots. Optional for August courses.
Wind Pants	\$20	\$60	1 pair	Nylon shell pants. Must fit comfortably over all lower-body layers. Side-zippers allow the pants to be put on over boots. Breathable fabrics such as Gore-Tex are acceptable, but lightweight "running pants" are NOT durable enough. If you own Gore-Tex bibs, we recommend that you bring them. We recommend renting NOLS wind pants. They are the most popular piece of equipment NOLS has designed. Many students purchase their wind pants at the end of their course.
Rain Pants	Purchase at NOLS RM	\$90-\$110	1 pair	Optional. Although not required, some people like to use rain pants in conjunction with a rain jacket.

Nylon Shorts	Purchase at NOLS RM	\$40-\$60	1 pair	Loose-fitting nylon athletic/river shorts.
Briefs/Sports Bras	Purchase at NOLS RM	\$18-\$32	1 pair	Optional. We recommend men go without underwear, and use nylon shorts with liners. Women can wear what's comfortable; cotton, silk, or synthetics are fine. Bras must be silk or synthetic.

Head, Neck & Hand Layers				
Equipment	Rental Price	Purchase Price	Quantity	Comments
Baseball Cap or Wide Brim Hat	Purchase at NOLS RM	\$18.95	1	To protect ears and face from the sun. Available with NOLS logo.
Balaclava	\$4	\$17	1	Optional. Balaclavas are full head and neck coverings that have an opening for the face. They are usually made out of Polartec® 100 or 200 fleece.
Wool/ Fleece Hat	\$4	\$15-\$20	1	A warm hat made of wool or fleece.
Mosquito Headnet	\$2	\$6	1	A light nylon headnet.
Gloves	Purchase at NOLS RM	\$15-\$30	1 pair	Ragg wool or synthetic (fleece).
Mittens	Purchase at NOLS RM	\$9-\$17	1 pair	Optional for August courses. Ragg wool or synthetic (fleece). Mountaineering courses may need 2 pr.
Mitten Shells	\$8	\$21-\$38	1 pair	Optional. Except for courses beginning before June 25. Water-repellent nylon or Gore-Tex® shells that fit over your mittens or gloves.

Packs & Bags				
Equipment	Rental Price	Purchase Price	Quantity	Comments
Backpack	\$100	\$250	1	Our packs are large expedition packs with a volume of 5500 to 6100 cubic inches made by Deuter exclusively for NOLS. If you bring an internal frame pack, it will be examined by your instructors to determine its suitability for your course and route. It must have a volume of 5500 to 6100 cubic inches.
Small Stuff Sacks	\$2	\$4.00	2 or 3	2 or 3 small nylon or mesh sacks for organizing items in your pack.
Food Zip Bag	Purchase at NOLS	\$15.00	1	We carry the Outdoor Product deluxe duffel and Bridge Outdoor duffel. Water resistant

	RM			oxford nylon 12"x 24' 2700 cu in with a top zip.
--	----	--	--	--

Our advice? An expedition backpack is a major purchase. If you don't already own one, we think you should use ours, gain some experience, then make an informed decision on your needs.

Sleeping Gear				
Equipment	Rental Price	Purchase Price	Quantity	Comments
Sleeping Bag	\$60	\$160	1	Synthetic-filled bags (Quallofil®, Hollofil®, Polarguard®, etc.) perform well in the variety of conditions we encounter on courses. A bag with approximately 3 pounds of fill rated to 5° or 10° F and having 6-8 inches of loft is required.
Summit/Compression Pack	\$12	\$49.95	1	We use the Lowe Attack Summit that doubles as a compression stuff sack for your sleeping bag and a summit pack for day hikes.
Plastic Trash Bags	Purchase at NOLS RM	\$.50	2 or 3	2-3 heavy-duty lawn and garden bags (33 gallon) to help waterproof your sleeping bag and backpack.
Sleeping Pad	\$4	\$10-\$75	1	Should be closed-cell foam and 3/8" thick. Used for padding and insulation between sleeping bag and ground. We highly recommend and sell self-inflating sleeping mat as one of your pads. Thermarest and Insulmat are great brands.

Miscellaneous Items				
Equipment	Rental Price	Purchase Price	Quantity	Comments
Harness	No Charge	\$70	1	We have harnesses to rent, but if you own one, bring it along.
Bowl	Purchase at NOLS RM	\$4	1	A bowl with a snap-on lid is handy.
Spoon	Purchase at NOLS RM	\$1	1	Lexan spoons are light, durable and popular.
Water Bottle	Purchase at NOLS RM	\$12-\$30	1-2	1-2 wide-mouth quart- or liter-size plastic bottles, like Nalgene® bottles.

Lip Balm	Purchase at NOLS RM	\$3	1	Stick, cream, or tube type moisturizing balm with sun protection factor (SPF) 15 or greater.
Sunscreen	Purchase at NOLS RM	\$7-9	1	A 3 to 6 ounce tube with sun protection factor (SPF) 15 or greater.
Bandanas	Purchase at NOLS RM	\$2	1-2	A few of these are always handy.
Head-Lamp/Flashlight	Purchase at NOLS RM	\$29-40	1	Durable and lightweight. Headlamps are popular. Bring spare batteries.
Disposable Lighters	Purchase at NOLS RM	\$1.50	1	Use for lighting your camp stove.
Insect Repellent	Purchase at NOLS RM	\$5	1	1 small bottles. No aerosol spray cans.
Toiletries	Must Bring	Must Bring	1	Toothbrush, toothpaste, comb, brush, skin lotion, tampons. Travel or trial sizes are enough. Bring your own.
Watch	Purchase at NOLS RM	\$20-65	1	A watch with an alarm is a nice feature.
Notepad And Pencil	Purchase at NOLS RM	\$10	1	A small, lightweight pad is fine.
Sunglass Retainers	Purchase at NOLS RM	\$5	1	Optional. Chums® or Croakies® for keeping track of your glasses or sunglasses. Available with NOLS logo.
Sunglasses	Purchase at NOLS RM	\$40-\$160	1 pair	Any good quality sunglasses with 100% UV protection will work fine. If you wear prescription lenses and have limited vision without them, bring your own prescription sunglasses or look for a quality pair of clip-on polarized shades at a specialty fishing store. Lenses should be dark and block 100 percent Ultra Violet. Glass lenses will get scratched less than plastic. We sell Native Eyewear and Optic Nerve. Julbo, Smith, Coyote Vision, Oakley, and Bausch & Lomb are good brands.
Instant Hand Sanitizer	Purchase at NOLS RM	\$2	1	Must have 2 oz. bottle for keeping hands clean.
Pocket Knife	Purchase at NOLS RM	\$20-45	1	One small knife is sufficient; simple Swiss Army knives are popular.

Footwear				
Equipment	Rental Price	Purchase Price	Quantity	Comments
Boots	Purchase at NOLS RM	\$175-\$250	1 pair	See the boot fitting information on page 7 for the mountaineering boots necessary for this course. Our boot stretching process helps expedite the break-in period of new boots.
Wool Socks	Purchase at NOLS RM	\$10-\$19	3 pairs	Heavy ragg wool or heavy wool/synthetic blend.
Liner Socks	Purchase at NOLS RM	\$6	1 or 2 pairs	Optional. Lightweight wool, polypropylene or Capilene® "wick dry" socks. You will need at least two pairs if you are using a liner sock/wool sock combination in your boots.
Gaiters	Purchase at NOLS RM	\$40-\$45	1 pair	Knee high, durable.
Camp Shoes	Must Bring	Must Bring	1 pair	Running, tennis, or cross-training athletic shoes.

Our advice? Your boots will be a critical piece of gear. If they're not sturdy, don't provide enough support or don't fit properly with at least a liner and a wool sock, we won't let you use them. If you have any doubts about boots, feel free to give us a call.

Optional Items				
Equipment	Rental Price	Purchase Price	Quantity	Comments
Binoculars	Must Bring	Must Bring	1	Small travel binoculars work well.
Prescription Glasses And Contact Lenses	Must Bring	Must Bring	2 pair	Bring a spare pair of glasses or lenses. Contact lens wearers should also bring a pair of glasses as backup. Again, prescription sunglasses are nice to have.
Water Treatment	Must Bring	Must Bring	1	NOLS supplies Potable Aqua tablets (hydroperiodide) or Aqua Mira for backcountry water purification. However, if you are sensitive to iodine or chlorine you may need to bring your water filter such as the PUR Scout or Hiker, or the SWEETWATER Guardian.
Vitamins	Must Bring	Must Bring	1	Not necessary, but a small quantity of multi-vitamins is popular among staff and students for this length of course.
Book	Must Bring	Must Bring	1	A small paperback reading book.

Trekking Poles	Purchase at NOLS RM	\$65-\$75	1	A sturdy 2-3 section pole for ease of pack ability. We sell the Black Diamond Trail Back and Leki Eagle.
Camera	Must Bring	Must Bring	1	Lightweight, 35 mm compact cameras are sufficient; bring a protective case. Avoid heavy lenses and elaborate set-ups.
Backpacker's Camp Chair	Purchase at NOLS RM	\$20-\$50	1	Crazy Creek or one with Therm-A-Rest fitting. Available with NOLS logo.
Hydration System	Purchase at NOLS RM	\$30-\$50	1	Very handy and popular. We carry Camelback® packs.

BOOT FITTING INFORMATION

Please follow these instructions carefully when fitting hiking boots for your NOLS course.

It may be helpful to show these instructions to the boot fitter.

Your hiking boots are one of the most important pieces of equipment you will use during your trip. It is imperative that boots fit correctly to minimize the chance of blisters or other foot injuries. In our experience, we have found that a properly fitted boot is more important than a "broken in" boot. If you are purchasing boots prior to your course, see the list of recommended boots below; and, if a particular boot you like is not on the list, it should be comparable in design and construction to those listed. If you have any questions about your boots, please call NOLS Rocky Mountain Outfitting at (307) 332-1422; E-mail: kevin_mcgowan@nols.edu or visit our web site to view a boot fitting video:

www.nols.edu/movies/nolsmovies/boot_xl.shtml.

1. It is best to shop for boots in the afternoon since feet tend to swell during the day. Always fit your larger foot. The key to a proper fit is to determine the correct length. A boot which is too small (short) will cause more problems than one which is too large. Boots should fit comfortably with either 2 pair of heavy wool socks or 1 pair of liner socks and 1 pair of heavy wool socks, both systems work fine. These sock combinations provide warmth, cushioning and wick moisture away from the skin helping to reduce the chance of blisters.
2. Start with a boot 1/2 size larger than your normal street shoe size and slip your foot in barefoot. Some boot shops may ask you to wear a thin liner sock. Slide your foot forward until your toes touch the front of the boot. As you lean forward slightly, there should be approximately 1/2" to 3/4" (about 1 finger width) between your heel and the back of the boot. If there is not, the boot is probably too small and you should try a half size larger.
3. Now try on the boots with your favorite combination of 2 pairs of socks and lace the boots snugly. Your toes should be comfortable at the front of the boot, with just a little bit of room to wiggle, and the arch of the boot fitting comfortably under your instep. Walk around the store for a few minutes. Your heels should feel snug in the back of the boot with just enough room to barely lift off the insole of the boot about 1/8"; no heel lift is too little, 1/4" or more is too much. The boot should feel comfortable with no obvious discomfort or pressure points.
4. In a properly fitted boot, your toes will not jam the front of the boot when walking downhill. To determine this in the store, either kick your foot against a solid wall or, if the store has one, walk down a ramp to simulate hiking downhill. If your toes hit on the first kick, or if they jam

the front of the boot walking down the ramp, the boot is probably too small or not laced tight enough. Your toes should "nudge" against the front of the boot on the third kick. It is important to realize that a properly fitted boot is going to feel slightly big. It is better to have a boot a bit large than too small.

5. Getting the proper fit takes time. Not all boots fit the same, so try different brands and models. Walk around the store for at least 10 minutes. Think about your feet. Are they comfortable? Any pressure points? If so, try a different width, a different brand or a 1/2 size larger. Remember, it's your feet and your comfort, so take your time!

Recommended Boots

NOLS has been outfitting people with boots for many years and our priorities have remained the same: We want you to have boots that provide adequate protection for your feet, that are durable enough to withstand extended rugged wear, and provide reasonable comfort. Many boots available on the market do not meet these criteria, and a boot that is good for your personal use may not be a good boot for your NOLS course.

Medium-weight or light mountaineering boots work best. They provide good support for off-trail hiking with heavy packs, and usually require less break-in time than heavyweight mountaineering boots. Here are some features to look for:

- Constructed from full-grain one-piece leather upper or a combination of nylon or Gore-Tex and leather
- A sole that provides good traction, like Vibram® or other lugged sole
- 1/2 to 3/4 length shank or full poly mid-sole stiffener within the sole to provide foot support and protection
- Ankle support — Trail runner sneakers are not acceptable; below-the-ankle hiking boots are not acceptable
- Comfortable fit with your preferred hiking socks. Boots that are too small commonly cause blisters.

The following list of acceptable boots is not exhaustive and is to be used for suggestions only. The boots listed here should help define what types are acceptable for your course. It is fine to substitute a similar boot for those listed here.

Asolo: Glacier GV, Power Matic Series

Garmont: Vetta Plus, Tower GTX

La Sportiva: Trango S EVO GTX

Lowa: Vajolet GTX

Scarpa: Charmoz GTX

Vasque: Wasatch GTX; Bitterroot GTX;

Please note that boot manufacturers often rename their product line. Visit the manufacturer's website or contact us if you have questions.