

RIVER RAFT EQUIPMENT LIST

Welcome back to NOLS! We look forward to having you with us. Please take time to review the equipment list thoroughly. Most everything you need on this trip is listed below. 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.

If you have any questions, or if you are purchasing equipment specifically for the expedition and would like more information regarding any of the items in the Equipment List, please contact NOLS Alumni, 288 Main Street, Lander, WY 82520, 800-332-4280, or e-mail us at alumni@nols.edu.

GROUP EQUIPMENT

All items listed below are provided and shared among all trip participants. Group equipment is included as part of the trip cost.

Shelters	Rafts and Related Gear
Camp Stoves	Paddles, PFD's, etc.
Fuel and Fuel Bottles	Dry Bags and Ammo Boxes
Cooking Gear	Reference Books
Bulk Water Containers	First Aid Kits
Toilet System	Equipment Repair Kits

CLOTHING

We use a layering system where different clothing items are worn together or separately to achieve optimum body temperature control. This time of the year the weather can go from warm and sunny one day to cold and rainy the next. For this reason it is important to bring enough layers for all conditions.

UPPER BODY GARMENTS

You will need at least 3 insulating layers, plus a wind-proof layer. These layers must fit comfortably over each other so they can all be worn at the same time.

Under Layer: 1- 2 light underwear top of wool, high performance polyester, polypropylene, or Capilene®.

Mid Layer: 1 mid-weight underwear top of wool, high performance polyester, polypropylene, or Capilene®.

Top Layer: A pile jacket or pullover of Polartec 200 weight.

Fleece Vest: A polyester fleece vest of Polartec® 200 or synthetic filled vest. This is an extra layer that may be needed if you get cold easily.

Wind Anorak: A lightweight, breathable, nylon wind shell either pullover or parka style. This must be large enough to fit comfortably over the pile jacket. Gore-Tex wind gear is acceptable.

Rain Gear/Cagoule: A durable, roomy, lightweight waterproof garment which will fit over the pile jacket. If you do not have a cagoule, you must have a rain jacket; rain pants are optional. Gore-Tex rainwear is acceptable.

Long Sleeve Shirt: 1 long sleeve cotton shirt for sun protection.

Cotton T-Shirt: 1 or 2 short sleeve cotton T-shirts.

Sun Hat: A baseball cap works fine.

Wool or Pile Hat: Should pull down enough to cover your ears.

LOWER BODY GARMENTS

Should consist of an insulation layer, plus a durable wind layer. These layers must fit comfortably over each other so they can be worn at the same time.

Underwear: 1 – 2 pairs

Primary Layer: Light or mid-weight bottoms of wool, high performance polyester, polypropylene, or Capilene®.

Secondary Layer: Expedition weight bottoms that must fit over the primary layer.

Fleece Pants: Polartec® 200 or equivalent.

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 shoes.

Nylon Shorts: Loose fitting river shorts. Nylon “quick dry” shorts can double as swim trunks for the men.

Nylon Swimsuit: Tank suit for the women or nylon shorts with liners and a crop top or jog bra.

Cotton Pants: Light weight cotton pants for keeping bugs off and sun protection.

PACK AND STORAGE BAGS

Stuff Sacks: 2 or more small nylon bags for organizing items in your dry bag.

Zip Bag: nylon duffel bag (approx. 12” x 24”) with zipper, used as clothing storage bags.

Dunk Bag: 1 small, lightweight nylon or mesh drawstring bag (approximately 8” x 12”) to hold cup, bowl and spoon for dish sanitation.

SLEEPING GEAR

Sleeping Bag: We recommend synthetic fill bags (Quallofil, Hollofil, Polarguard, etc.) for durability and ease of care in the variety of conditions we encounter on courses. A bag that is rated to 40°F is acceptable.

Sleeping Pad: A full length closed cell foam pad to insulate and pad between the ground and your sleeping bag. Thermarest type pads are acceptable with a patch kit.

Ground Sheet: A waterproof nylon sheet to go between your sleeping pad and the ground.

FOOTWEAR

Wool Socks: 1 or 2 pairs, ankle length.

River Sandals: 1 pair. Chaco, Alp, or Teva style river sandals, must have a heel back strap.

Camp Shoes: 1 pair. New or good condition running, tennis or cross trainer athletic shoes to wear around camp and in town. Avoid expensive shoes.

Neoprene Booties: Optional A river or diving bootie that stays on the foot securely while swimming. Needs to have a hard sole capable of walking on rocks. Used primarily for cold weather.

MISCELLANEOUS PERSONAL GEAR

Eating Gear: 1 each: cup, bowl and spoon. Insulated mugs are great!

Water Bottle: 1 wide mouth quart or liter size.

Water Bottle Retention System: Some type of system that provides a handle for the water bottle so it can be secured in a boat. Webbing attached to water bottle with duct tape and a small carabiner works adequately.

Lip Balm: Stick, cream or tube type moisturizing balm with Sun Protection Factor (SPF) 15 or greater.

Sunscreen: 3 to 6 ounces with a Sun Protection Factor (SPF) 15 or greater.

Hand Lotion: 3 to 6 ounce tube is sufficient.

Insect Repellent: 1 small bottle, non-aerosol.

Bandanna: 1 Useful for a variety of purposes.

Sunglasses: Lenses should be dark and block ultraviolet and infrared light. They should have a sturdy case. If you wear corrective lenses, prescription sunglasses are a good investment.

Eyeglass Retainers: Chums or Croakies useful for keeping track of glasses or sunglasses.

Head Lamp (or flashlight): Should be durable and lightweight. Head lamps are preferred by instructors. Bring an extra set of batteries and an extra bulb.

Disposable Lighter: One. They are used to light camp stoves.

Toilet Articles: Toothbrush, toothpaste, comb, brush, skin lotion, tampons. Travel or trial sizes are sufficient.

Underwear: 2 changes should be sufficient. Most women prefer sport “jog bras.” Underwear should be cotton rather than nylon.

Watch: Water resistant. An alarm is needed for early morning starts.

Shelter: If you have a tent or rain fly, go ahead and bring it or call us to reserve one.

OPTIONAL ITEMS

Small Hand Towel

Notebook and Pen/Pencil: A lightweight steno pad works well.

Pocket Knife: One small knife is sufficient; simple Swiss Army knives work well.

Prescription Glasses and Contact Lenses: If you wear them bring a spare pair of glasses or lenses. Contact lens wearers should also bring glasses as a backup.

Camera and film: 35 mm compact cameras work well; bring a compact, protective case. Avoid heavy lenses and elaborate set-ups.