

Equipment List

Baja Sailing Instructor Course

“It is not to be supposed that experienced travelers will agree with me in matters of equipment. Every old camper has his own notions about such things, and all are apt to be a bit dogmatic.”

-Horace Kephart, *Camping and Woodcraft*, 1917

When it comes to gear, wilderness explorers have their own needs, systems, and preferences. Every sailor has his or her own style. With guidance from your instructors during your NOLS course, you will get a valuable opportunity to develop and hone your notions about what gear to bring on a sailing expedition. There are many options, lots of variables, and no two people ever agree completely on what constitutes the “ideal” jacket, the “best” sailboat or even the “proper-sized” mug. We do not recommend that you go out and purchase a lot of specialized gear because you’ll have a better understanding of your equipment preferences after your NOLS course.

Nature is dynamic and you may experience a wide variety of weather during your time in Baja, from 40 mph winds and torrential rain to balmy, sun-drenched days. This equipment list aims to ensure your comfort and health in this dynamic environment, but every person and every expedition is unique, so we ask that you also bring an open mind, positive attitude and flexible nature to Mexico.

At NOLS Mexico, you can rent or purchase much of what you need for the course. You are welcome to bring any gear on the equipment list that you already own. Your instructors will inspect your gear and determine if it is suitable for your course. If an item is not approved, you can leave it with your luggage in our storage lockers. We are not able to make all of the gear on the equipment list available to you in Baja due to importation costs and storage capacity considerations. The items that you must bring with you, however, can easily be found in your closet at home, at thrift stores, or purchased for a modest cost from outdoor gear stores. **Please read the descriptions carefully so you can make wise choices.** We especially encourage you to bring your own stocks of items such as batteries, sunscreen, trash bags, toiletries, film, and other consumables.

The availability of each item may be indicated as follows:

- **Not Available:** The item is NOT AVAILABLE from NOLS.
- **Rental:** This item can be rented from NOLS.
- **Purchase Only:** The item is available from NOLS, but for PURCHASE ONLY.
- **Provided:** The item is provided by NOLS free of charge.

The cost of any item that you rent or purchase from NOLS will be deducted from the equipment deposit billed along with your course tuition. If you accrue equipment charges less than your deposit during your course, you will receive a refund from our Wyoming headquarters after your course is over. If your charges exceed the equipment deposit, the Wyoming office will bill you for the difference. **At course end, your share of the cost of replacing lost or damaged group and personal gear will also be deducted from your equipment deposit.**

All rental prices cover the entire course and all prices are subject to change.

NOLS Mexico will provide all of the course’s group gear such as shelter, food, cookware, library resources, fishing and diving gear (**except for mask and snorkel**). Group gear is shared and carried by the entire group during the expedition.

You should only need the items that are on this list. It is important that you not bring any extra equipment or clothing. Study the equipment list carefully and **travel as light as possible**. The items you take into the field are limited by space in the boats. You will also find that traveling with excess luggage is a real nuisance. If you make plans to continue your travels after your course, pack one small bag with extras for that trip. We will store this bag with the rest of the course’s luggage while you are in the field.



Although we need to minimize the amount of equipment that we bring into the field with us, it is also very important to have fun, travel in style and feel comfortable while we are out exploring and savoring the wonders of the Baja Peninsula and Gulf of California. We recommend you carefully consider the optional extras and limit yourself to just a few items that you think will enhance your experience the most.

Contact us by email if you have any questions about personal gear requirements or any other aspect of your course. Please address your questions to nols_mexico@nols.edu with the subject "Student Inquiry."

Upper Body Layers					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Lightweight Synthetic Windbreaker/ Windshirt	\$20	\$55	1	Must fit over all insulation layers. May be waterproof, but must be breathable.	
Heavyweight Fleece or Wool Top	\$28	\$65	1	Warm layer.	
Puff Jacket	Not Available	Not Available	1	Optional: Synthetic insulated wind layer This can be brought in place of a heavy fleece layer.	
Long Sleeve Synthetic Mid-Weight Fleece Top	Purchase Only	\$58-\$85	1	Mid-layer to help regulate temperature.	
Long Sleeve Synthetic Mid or Lightweight Top	Purchase Only	\$44	1-2	Base layering. Polypropylene, Capilene, etc.	
Long Sleeve Sun Shirt	Not Available	Not Available	1	To provide protection from the sun. We recommend a collared, button-down shirt of cotton or synthetic Cotton is better in October/March, Synthetic is better in January.	
Short Sleeve Shirts	Purchase Only	\$22-\$35	2-3	Cotton or synthetic	
Sports Bra (women)	Purchase Only	\$35	2-3	Synthetic or Cotton. At least one should be synthetic and comfortable.	

Lower Body Layers					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Synthetic Shorts	Purchase Only	\$40-\$58	1-2	Should be comfortable and quick drying. "River Shorts" with a mesh liner.	
Swim Suit	Not Available	Not Available	1	Optional: (synthetic shorts and sports bra [women] can be worn for this purpose)	
Light or Mid-weight Synthetic Bottoms	Purchase Only	\$41	2	Polypropylene, Capilene, etc.	
Light Fleece or Wool Bottoms	Not Available	Not Available	1	Optional: A mid-layer to help regulate temperature. Can be worn under cotton or wind pants and to sleep in.	

Lower Body Layers (Continued)					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Lightweight Cotton or Synthetic Pants	Not Available	Not Available	1	Optional: Supplement to wind pants for land use.	
Wind Pants	\$25	\$65	1	Loose fitting, lightweight synthetic. Should be very breathable, NOT waterproof. NOLS wind pants are popular, durable and well designed.	
Sarong	Purchase Only	\$30	1	Optional: Men and women alike value sarongs. Great for airing out, as a towel and as a changing room. We have a great selection of sarongs for sale in our issue room!	
Underwear	Purchase Only	\$27-\$32	2-4	Cotton or Synthetic. 4 for women. Not needed for men if bringing lined river shorts.	

Head, Neck & Hand Layers					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Sun Hat	Purchase Only	\$19-\$40	1	Essential sun protection. A wide, full-brimmed style hat works best. A baseball cap or visor will also work.	
Wool Or Fleece Hat	Purchase Only	\$35	1	Wool or synthetic warm hat. It should cover your ears.	
Sailing or Paddling Gloves	Purchase Only	\$30	1	Helps to prevent blisters and gives protection from the sun. There are some on each boat, but if you have your own, bring them	



Footwear					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Water Shoes	Not Available	Not Available	1	<p>IMPORTANT! These will protect your feet when walking in the marine environment.</p> <p>A stiff or dense sole prevents punctures from sea urchins, tree thorns or fish hooks. They must have closed toes to protect your toes. They must also have secure straps to prevent the shoe from coming off.</p> <p>Choices we recommend:</p> <ol style="list-style-type: none"> 1. Old tennis shoes or running shoes, in good condition, with a neoprene sock. 2. A wet shoe with a neoprene cuff that will prevent gravel from getting into the shoe and protect your anklebones. <p>NRS: Comm-3, Attack, Desperado</p>	
Wetsuit Booties	Provided	Provided	1	<p>NOLS will provide these free of charge, but if you have your own we recommend that you bring them. If you are using your own you can also use them for your Water Shoes provided they have a puncture resistant sole. NOLS Wetsuit/Diving booties are only for diving and may not be used as your Water Shoes.</p>	
Socks	Purchase Only	\$11	2 pairs	Synthetic or wool.	
Light Hiking Shoes	Not Available	Not Available	1 pair	For land use. With a pair of socks, your non-neoprene water shoes MAY be able to double as a light hiking shoe.	
Sandals or Crocs	Purchase Only	\$45 - \$52 Crocs, Sanuk	1 pair	For use in camp to allow your feet to air out.	



Sleeping System					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Sleeping Bag	Not Available	Not Available	1	Synthetic bag rated to 10-15 degrees F Tapered, very compressible models are best.	
Sleeping Pad	\$9 (foam pad)	\$14 or \$50-\$95 (Therma-rest)	1	Solid Foam or inflatable pad. We recommend Camp Rest pads and Therm-a-rest inflatable pad types appropriate for backpacking (not bulky car camping models). If you bring an inflatable pad, but sure to bring a repair kit.	
Bivy Sack	\$35	Not Available	1	Optional: Highly recommended for bugs and warm weather sleeping. Should be waterproof on the bottom, breathable on the top, and have a bug net in the hood. If you are bringing a bivy sack, you do not need a ground cloth.	
Ground Cloth	\$5	\$15	1	Optional: Recommended if you are not bringing a bivy sack to protect you and your gear from sand, dust and dirt. We recommend that you rent this from us unless you already have your own.	

Packs & Bags					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Beach Bag	\$20	\$50	1	Optional: Used as a way to carry gear to and from your boat and acts as a “closet” on the beach. We recommend that you rent this item from NOLS. If not, it needs to be an extra large, lightweight and durable nylon bag that can get wet.	
Compression Stuff Sack	\$15	\$31-\$33	2	15–20 liters. When lined with trash compactor bags, these make great “dry bags” for your sleeping bag.	
Baby Zip Bag	\$7	\$20	2	This will act as your “day bag” for storage of gear that you would like to have accessible while sailing. You can also use a 10–15 liter dry bag if you already own one. We recommend that you rent this item from NOLS.	
Medium Zip Bag	\$10	\$25	1	Lined with trash compactor bags, these will be the storage bags for your clothing and other personal items you will not need access to while on the water. We recommend that you rent this item from NOLS. 15 to 20 liter dry bags may also be used.	
Compactor Trash Bags	Purchase Only	\$0.50	6	These are thicker ply than normal trash bags and therefore are more durable. These will be used to waterproof your gear.	
Stuff Sacks	\$4	\$10	1-2	Useful for organizing toiletries, protecting Therm-a-rest Pads, and if mesh, holding onto your eating supplies. Lightweight waterproof nylon no bigger than 10 liters.	
Waterproof Case or Dry Box	Purchase Only	\$18–\$35	1–2	Optional: Useful for protecting a camera, binoculars, and any other electronic gear that you want to stay 100% dry. We recommend Pelican cases, Otter boxes or Watershed dry bags.	



Water Gear					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
PFD (Personal Flotation Device)	Provided	Provided	1	REQUIRED! NOLS will provide this free of charge, but you are welcome to bring your own. It should be Type 3 U.S. or Canadian Coast Guard Approved and a whistle should be attached. PFD's need to provide maximum movement in the arms and be short fitted in length. We recommend Lotus Designs, Astral, Kokatat and Extrasport.	
Foul Weather Gear	\$20(jacket) and \$15 (bibs)	\$135 (jacket) and \$130 bibs	1 Set of Tops and Bottoms	To wear on windy days on the water to protect you from spray. We recommend that you rent this from NOLS unless you already have your own. Doubles as rain gear.	
Mask and Snorkel	Not Available	Not Available	1 set	For hygienic and sizing requirements we recommend that you buy your own. Check out your local dive shop. Fit your mask to ensure it is the best one for you. A snorkel with some sort of intermediate purge valve is nice to have.	
Fins	Provided	Provided	1 pair	NOLS will provide these free of charge. You will share them with another student. You may bring your own open heeled fins but you will be expected to share them.	
Weight Belt, Dive Knife, Dive Bag	Provided	Provided	1 set	NOLS will provide these free of charge. You will share them with another student.	
Neoprene Gloves and Hood	Provided	Provided	1 set	NOLS will provide these free of charge. You will share them with another student.	
Full-body Wetsuit	Provided	Provided	1	NOLS will provide this free of charge. You will share this with another student. Minimum thickness is 3mm.	
Fishing Gear	Provided	Provided	1 set	NOLS will provide this free of charge. If you are very attached to your personal gear you may bring it.	

Miscellaneous Items					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Bowl	Purchase Only	\$6	1	A Tupperware container with a lid allows you to keep leftovers for short periods of time.	
Spoon	Purchase Only	\$2.50	1	Should be sturdy. Knife and fork not needed.	
Mug	Purchase Only	\$6-\$8	1	A plastic or stainless steel insulated mug is recommended.	
1 Liter Water Container with Lid	Purchase Only	\$11 St. Steel \$23	1	Non-toxic/non leaching material. We recommend stainless steel; SIGG, MSR, Solomon and Snowpeak.	
2 Liter Water Capacity	Purchase Only	\$11-\$52	1	Optional: Water bottles or hydration packs such as a CamelBak or Platypus (not recommended for sugared drink products) allow you to drink water while active.	



Miscellaneous Items (Continued)					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Knife	Purchase Only	\$20	1	A small can opener and knife blade are useful in the kitchen. We recommend Swiss Army Knives or a Leatherman-type tool.	
Lighter	Purchase Only	\$2.50	2	For lighting stoves and fires.	
Small Mesh Bag	Not Available	Not Available	1	Optional: For carrying your eating gear.	
Thermos	Purchase Only	\$19–\$23	1 (January Option Only)	Great for carrying hot water for use throughout the day.	
Cotton Bandanas	Purchase Only	\$4	2–3	Invaluable as handkerchiefs, protection from sun, cleaning sunglasses, towels, etc.	
Sunscreen	Purchase Only	\$6–\$10	1	SPF 30, Waterproof.	
Lip Balm	Purchase Only	\$5	2	Must contain SPF protection.	
Toothpaste	Purchase Only	\$2–\$4	1	Small tube.	
Toothbrush	Purchase Only	\$2.50–\$4	1	A travel model or a cover for the brush end is recommended.	
Sunglasses	Purchase Only	\$37 - \$62	1–2	With UV protection. Polarized are great for on-water wear.	
Sunglass Retainers	Purchase Only	\$5	1	To hang on to your sunglasses. We recommend Chums or Croakies.	
Headlamp	Purchase Only	\$42-\$50	1	Hands-free use is essential. We recommend Petzl, Black Diamond and Princeton Tec.	
Spare Batteries	Purchase Only	\$2	4 sets	For your headlamp or camera.	
Waterproof Watch with Alarm	Purchase Only	\$60	1	We expect you to be punctual for meeting times. Casio or Timex have inexpensive models. Watches with 3 alarms are great for those who tend to oversleep.	
Journal or Notebook	Purchase Only	\$4–\$8	1	For taking notes and keeping a journal.	
Pen	Purchase Only	\$0.50	3		
Zip-lock Bags	Purchase Only	\$0.50	6-8	Waterproof organizers for books and other items. Quart and Gallon sizes.	
Camp Chair	Purchase Only	\$42	1	Optional: Crazy Creek style.	
Camera	Not Available	\$22 single-use waterproof	1	Optional: Digital cameras make it easy to share your pictures. We recommend you keep your camera in a waterproof case.	
Extra Film or Memory Card	Not Available	Not Available	1–4 rolls; 1–2 cards	Optional: Just in case!	
Personal Care Items	Not Available	Not Available	1 set	Optional: Nail clippers, razor, moisturizer, Gold Bond, etc.	
Book	Not Available	Not Available	1	You can trade with your fellow students. Course related library provided	



Miscellaneous Items (Continued)					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Comb or Brush	Not Available	Not available	1	Small	
Insect Repellant	Purchase Only	\$7	1	Small bottle. Recommended for October.	
Feminine Hygiene Kit	Purchase Only	\$4 Diva Cup - \$37	As applicable	A small stuff sack with tampons, wet wipes, hand sanitizer and plastic bags for disposal. As many supplies as you need to get you through the duration of course, plus a little extra. See the Women's Health document in your enrollment packet for details. Diva cup substitutes for tampons and is reusable.	
Prescriptions	Not available	Not available	As applicable	Any medications you may be taking in a waterproof container. You must show your instructors what you are taking.	
Glasses or Contacts	Not available	Not Available	As applicable	Bring an extra set. These particular items are difficult for us to find in Mexico, so if you need them, bring them!	

Travel Items					
Please refer to the Travel and Logistics document for more information about following items.					
Item	Rental Price	Purchase Price	Quantity	Comments	Check List
Parental Permission	Not Available	Not Available	1 (If under 18)	Notarized letter. For students under 18 years of age.	
Passport	Not Available	Not Available	1		
Tourist Card	Obtain on Entry to Mexico	Obtain on Entry to Mexico	1	Issued at Mexican immigration. Be sure that you are given more days than you plan to be in Mexico. DO NOT THROW AWAY! You need this to leave Mexico.	
Spending Money	Not Available	Not Available	200–400 pesos	From your travel money you may want to keep 200–400 pesos to take on your course.	
Luggage	Not Available	Not Available	1–2 bags	A suitcase, duffle bag or backpack in which you can store your belongings and will remain at NOLS Mexico while you are on course.	
Shower Supplies	Not Available	Not Available	1 set	Toothbrush, toothpaste, shampoo, conditioner, soap, razor, etc. A towel is provided by NOLS. These are for use when at NOLS Mexico only before and after your course.	
Clothing	Must Bring	Must Bring	2 outfits	To wear while traveling and after you shower at the end of your course.	

