

Equipment List

Himalaya Mountaineering

Welcome to NOLS!

We look forward to having you with us in India.

This list will assist you in deciding what to bring. The gear listed generally gets taken on this course; the actual gear needed may vary slightly with course route, curriculum goals, season and prevailing weather conditions. Please try to avoid bringing anything that is not on this list. We recommend that you only bring gear that you already own or that you can obtain inexpensively. There is also a list of optional items. Remember, however, that you will be carrying all your gear and that extra items definitely affect pack weight and volume!

We can provide you with all the equipment on this list other than those items designated MUST BRING. Items available for rent show an amount in the RENTAL PRICE column. Items for sale are marked AVAILABLE FOR PURCHASE.

On the first day of the course your instructors will inspect all gear you bring from home to determine if it is suitable and necessary. You may store any excess gear at our headquarters in Ranikhet NOLS India Base

While you are not required to rent gear from us, there are several reasons why we suggest it. Our rental equipment is high-quality gear chosen and maintained specifically for the use it receives on our courses. The rental prices are reasonable given the wear the equipment receives. Also, if you plan to eventually purchase gear, you will have a better understanding of your future needs and preferences after your NOLS expedition. Finally, even if your equipment is appropriate, it will receive a lot of hard use. Students are often surprised at the amount of wear put on their personal gear in a month.

In addition to your course tuition, you have been charged an equipment rental deposit. This deposit will be applied to the charges you incur for equipment rental, cleaning, purchase of personal items and any loss or damage to our gear. Final charges vary depending on the amount of equipment that you rent or purchase from us. The equipment rental and purchase prices located in the gear checklist will allow you to estimate your charges. Rental prices listed are for the entire course. **Prices are subject to change.**

Rental and purchase charges will be totaled at the end of your course in India. If you do not use your entire equipment deposit, you will receive a refund of the remaining amount. This will be mailed 3-6 weeks after the course is over. If you exceed the amount of the equipment deposit, NOLS will charge your account and mail you a final statement.

If you have any questions, or would like more information regarding any items on the equipment list, please contact NOLS Pacific Northwest outfitting staff at **(360) 445-6657**; E-mail: nols_india@nols.edu; or visit our web site at <http://www.nols.edu>.



Upper Body Layers

You'll need a t-shirt, four insulating layers, plus a wind layer and a rain layer. NOLS uses a layering system where different pieces of clothing are worn together or separately to achieve optimum body temperature control. If you get cold easily, plan to take both a fleece jacket and an insulated parka. If you think that's too much for your body type, take a vest and an insulated parka.

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
T-Shirt	Available for Purchase	\$27	1	We strongly recommend Capilene® or other synthetic over cotton t-shirts since they dry much faster. This is not one of your insulating layers.	
Base Layer (Mid-Weight Synthetic)	Available for Purchase	\$23-\$52	1	Lightweight or mid-weight crew or zip turtleneck top of polyester, Capilene, or Polartec Power Dry.	
Mid-Layer (Expedition Weight)	Available for Purchase	\$48-\$68.50	1	Expedition-weight crew or zip turtleneck top of polyester fleece or Capilene.	
Top Insulating Layer (Fleece or Insulated Jacket)	\$30	\$90-\$200	1-2	An insulating jacket, such as the Mountain Hardwear Compressor jacket or Patagonia DAS Parka. Synthetic Insulation is preferred, down jackets are acceptable. Another option is a heavy weight, full-zip fleece jacket of Polartec® 200 or 300. Bring 2 if you get cold easily or for fall courses.	
Fleece or Insulated Vest	\$20	\$45	1	A fleece vest of Polartec® 200 or synthetic filled vest. Bring this if you take only one top-insulating layer.	
Wind Shirt	\$25	\$55	1	Optional. A lightweight, breathable, nylon wind shell either anorak or full-zip style. This must be large enough to fit comfortably over the three insulating layers.	
Rain Jacket	Available for Purchase	\$75-\$200	1	A sturdy, roomy waterproof jacket with a hood. Must be large enough to fit over all the insulating layers. Breathable fabric such as Gore-Tex and H2NO® are preferable and can work as both a wind and rain layer.	
Collared Shirt/Blouse	Must Bring	Must Bring	2	For airline/bus travel to the mountains and after the course. We recommend light colors, since it will be hot.	



Lower Body Layers

You'll need underwear, two lower insulating layers plus a wind layer and a rain layer, which must fit comfortably over each other so they can all be worn at the same time.

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Women: Underwear/ Sports Bras Men: Boxers	Must Bring	Must Bring	2 pairs	Women's briefs and sports bras and men's briefs or boxers in Capilene®, Coolmax or silk are recommended. Women's briefs in cotton will work.	
Base Layer (mid-weight synthetic)	Available For Purchase	\$24-\$40	1	Light or mid-weight bottoms of high performance polyester, Capilene®, Smartwool or Polartec Power Dry.	
Mid-Layer (expedition-weight fleece pants)	\$25	\$33-\$53	1	Expedition-weight bottoms of Polartec fleece (200 weight or greater) or stretch Capilene®.	
Wind Pants	\$25	\$55	1	Breathable nylon wind pants that are roomy enough to fit over all lower body garments. We recommend that you rent wind pants from us. NOLS has a custom design that includes zippered legs, reinforced patches at points of wear, and holds up well to the rigors of a NOLS course.	
Rain Pants	Available for Purchase	\$75-\$195	1	Coated nylon pants to fit over all your layers. Gore-Tex pants are preferable and can be used for both a wind and rain layer.	
Hiking Shorts	Available for Purchase	\$15-\$36	1 pair	Loose fitting nylon athletic or river shorts. No cotton.	
Cotton Pants/mid-length or long Skirt	Must Bring	Must Bring	2	Pants or skirt for airline/bus travel to the mountains and after your course. We recommend light colors, since it will be hot.	



Head, Neck and Hand Layers					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Liner Gloves	Available for Purchase	\$8-16	1-2 pairs	Fleece, wool or polypro liner gloves for sun protection and hiking on cold, wet days.	
Gloves or Mitten Shells with Liners	\$16	\$72.50	1 pair	Nylon shells to cover your mittens and/or gloves. Gore-Tex is acceptable. Modular glove and mitten systems will work well. We rent Outdoor Research Glacier Mittens with liners.	
Baseball Cap or Sun Hat	Available for Purchase	\$18.25	1	Necessary for sun protection of your face and ears.	
Wool or Fleece Hat	Available for Purchase	\$16-\$30	1	A warm hat made of wool or fleece.	
Balaclava	\$6.25	\$18	1	Fleece balaclavas provide protection and insulation under severe conditions and provide excellent insulation when in the sleeping bag.	

Assorted Climbing Gear					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Ice Axe	\$18.75	\$75	1	Ice axe (60 cm to 70 cm) suitable for travel on snow or ice.	
Crampons	\$22.50	\$150	1	Step-in crampons.	
Helmets	\$10	\$72.00	1	A lightweight, adjustable climbing helmet.	
Backcountry Climbing Harness	\$10	\$29.95	1	Adjustable leg loops are recommended so the harness can fit over multiple layers of clothing. We use Black Diamond Alpine Bod harnesses. Heavy, big-wall rock climbing harnesses are too bulky for general mountaineering.	

Sleeping Gear					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Sleeping Bag	\$50	\$150-\$170	1	We recommend synthetic-insulated bags approximately rated to 0°F. Down or feather-filled bags are not suitable for the wet conditions sometimes encountered in the Himalayas.	

Sleeping Gear (Continued...)					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Compression Stuff Sack	\$10	\$20-\$26	1	Large compression stuff sack for your sleeping bag.	
Sleeping Pad/Therm-A-Rest®	\$10	\$50-\$90	1	A full-length closed cell foam pad to insulate and pad beneath your sleeping bag. Therm-A-Rest® full or 3/4 length are for purchase only and require a repair kit.	
Sleeping Pad Stuff Sack	\$5	\$13.50	1	A nylon storage bag- to protect your sleeping pad.	

Backpack and Storage Bags					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Backpack	\$100	\$250-\$455	1	We rent Lowe Alpine, Deuter and Dana Design internal frame packs. If you decide to purchase an internal frame pack we recommend the Deuter 90+10, Dana Design Astraplane, Mystery Ranch G Series, Gregory Denali, Osprey or any other pack of similar quality and capacity. Internal frame packs must have a volume of 6000 - 7000 cubic inches (98 - 115 liters).	
Day Bag	Must Bring	Must Bring	1	A day bag (2,400-3,000 cubic inches) for airline carry-on bag and bus travel. Small backpacks or messenger bags work well. Small roller bags are not acceptable.	
Ditty Bags	\$2	\$5-\$11	2-3	Small nylon or net bags for organizing items in your pack.	
Plastic Trash Bags	Available for Purchase	\$1	2	Heavy-duty lawn and garden bags; a 2 mil/33 gallon bag for waterproofing sleeping bag and a 3 mil contractor cleanup bag for waterproofing backpack.	

Miscellaneous Items					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Insulated Mug	Available for Purchase	\$5-\$6.50	1	12 oz. to 20 oz. insulated mugs with lids are preferred. Many staff use 16 oz. Nalgene water bottles for their mug.	
Bowl	Available for Purchase	\$5	1	A bowl with a snap-on lid. Re-sealable Tupperware® type containers work great.	
Spoon	Available for Purchase	\$1	1	Lexan spoons are light, durable.	
Hydration System	Available for Purchase	\$8-\$31.75	2	Two water containers are required (64 oz. total.) One needs to be a water bottle. We recommend the other be a Platypus®, Camelbak® or Hydromedary® bag with 64 oz. capacity. Two water bottles are okay.	
Lip Balm	Available for Purchase	\$2.50	1-2	We recommend SPF30 or greater.	
Sunscreen Sunblock (Zinc)	Available for Purchase	\$4-\$9	1 each	6-ounce tube with SPF 30 or greater. One tube of total sun block like zinc oxide; can be purchased in the baby section of any drugstore.	
Glacier Glasses or Sunglasses	Must Bring	Must Bring	1 pair	Lenses should be dark and 100% UV resistant. You need a sturdy case. Glasses can be wrap around style or good quality sunglasses with side shields. If you have prescription lenses and have limited visibility without them, bring your own prescription glasses or look for a good quality polarized clip-on. Julbo, Smith, Coyote Vision, Oakley, Bolle and Bousche and Lomb are good brands.	
Bandana	Available for Purchase	\$2	2	Useful for a variety of purposes.	
Prescription Glasses and Contact Lenses	Must Bring	Must Bring	1 pair	Bring spare glasses or contact lenses. Contact lens wearers should bring a pair of glasses as backup.	
Headlamp	Available for Purchase	\$32	1	LED headlamp preferable. Bring spare batteries. We sell Petzl headlamps.	

Miscellaneous Items (Continued...)					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Batteries	Available for Purchase	\$0.85/ea.	2 sets	We have AA and AAA batteries for sale.	
Personal Hygiene Articles	Must Bring	Must Bring	1	Bring travel size toothpaste, toothbrush, brush, and plenty of tampons. We have toothbrushes/toothpaste for sale.	
Instant Hand Sanitizer	Available for Purchase	\$1.50	1	2 oz. bottle preferable. Alcohol-based for keeping hands clean. We recommend you purchase this prior to travel to India, it's great for keeping yours hands clean during travel before your course begins.	
Notepad	Available for Purchase	\$3-\$10	1	A small, lightweight pad is fine. Steno notebooks work well.	
Pen	Available for Purchase	\$.75	1-2	Pen or pencil.	
Watch	Must Bring	Must Bring	1	Water-resistant. An alarm and a light feature are helpful.	
Insect Repellent	Available for Purchase	\$6	1	A small bottle or tube. No aerosol spray cans.	
Sunglass Retainers	Available for Purchase	\$5	1	Chums® or Croakies® for your glasses or sunglasses.	

Optional Items					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Coffee	Must Bring	Must Bring	1	Bring if you enjoy specialty coffee for yourself in the morning. Coffee is not supplied in the NOLS ration.	
Vitamins	Must Bring	Must Bring	1	Some students bring a multi-vitamin to supplement the diet.	
Adjustable Trekking Poles	Must Bring	Must Bring	1	Bring if you like to use a ski pole while you hike. 2-3 section telescoping poles ease packing.	
Camera and Film	Must Bring	Must Bring	1	Compact camera with protective case. No heavy lenses/elaborate set-ups.	

Footwear					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
<p>You need a sturdy boot with good ankle support and proper fit for hiking on uneven terrain with heavy expedition packs. You'll need gaiters, camp shoes and at least five pairs of hiking socks. If you sleep cold, bring an extra pair of socks for your sleeping bag. Some courses will use fleece booties inside the plastic mountaineering shells around camp instead of camp shoes.</p>					
Plastic Mountaineering Boots	\$75	\$275-\$340	1 pair	<p>These are two-piece boots made of a plastic/polyurethane waterproof outer shell with Vibram sole and an insulating inner boot. The inner boot, made of foam or synthetic leather, can be easily removed to aid drying. These boots have a ridge or groove on the welt to fit crampons. You need boots that provide good support for the varied terrain encountered on a NOLS course, including on-trail hiking, heather slopes and steep snow and ice. Boots in this category include, but are not limited to, the following: KOFLACH Verticle, Arctic Expe; SCARPA Inverno and Alpha; LOWA Denali.</p>	
Insoles	Not Available	Not Available	1 pair (Optional)	<p>To assure your comfort in hiking boots, an after market insole (available for purchase separate from footwear) can provide arch support, stabilize your foot and heel, add cushion and help volume adjustment. Suggestions would be Spenco Polysorb®, Superfeet, Montrail Stabilizing Insoles.</p>	
Socks	Available for Purchase	\$8-\$16	4-6 pairs	<p>Crew length. Socks must be heavy wool or wool/polypropylene blend. Thorlo® and Smartwool® are good choices.</p>	
Liner Socks	Available for Purchase	\$5	2 pair	<p>Lightweight wool, polypropylene or Capilene® "wick dry" socks.</p>	
Gaiters	Available for Purchase	\$25-\$55	1 pair	<p>Worn over the boots to keep out dirt and snow. Gaiters with zippers should have a double closure system either Velcro or snaps. OR Crocodiles® and Mtn. Hardwear Ventigaiters® have a Velcro front opening and work well. Gaiters with tight elastic around the boot cuff are not acceptable. Gaiters must be large enough to fit comfortably over plastic boots.</p>	

Footwear (Continued...)					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Trail/ Camp Shoes	Must Bring	Must Bring	1 pair	Lightweight cross trainers in good condition. These can be worn during the trek in and also used as camp shoes when you switch to wearing plastic mountaineering boots. Open-toed "river" or "mountain" sandals are not acceptable.	
Booties	\$10-\$18	\$40-\$52	1 pair	Synthetic-fill or Polartec® booties (down is acceptable) to wear around camp inside the shells of plastic mountaineering boots.	

Group Gear	
<p>Expedition members share both the use of and the responsibility for the group gear that NOLS issues. NOLS charges only for group equipment that gets lost or damaged. Keep in mind that NOLS evaluates gear from a number of perspectives beyond what an individual user might consider. Performance, durability, and simplicity are all factors we consider when we select our gear.</p>	
<p>Tents Stoves, Fuel, Fuel Bottles- MSR Cooking Gear/Spice Kits Water Purification</p>	<p>Maps Compass Books Repair kits</p>
	<p>Climbing Ropes Climbing Protection Snow Protection</p>
<p>First Aid: Our instructors carry adequate first aid kits. There is no need to bring your own.</p>	

EQUIPMENT CHARGES WORKSHEET

An equipment deposit is required of each student to cover the average cost of equipment rental and cleaning. You will be charged additionally for the replacement of any lost or damaged group equipment. Your actual expense will vary according to how much gear you rent and purchase from NOLS. Additional purchases of new and used gear may raise your total outfitting expense above your rental deposit. Rental and purchase charges will be totaled at the end of your course in India. If you do not use your entire equipment deposit, you will receive a refund of the remaining amount. This will be mailed 2-4 weeks after the course is over. If you exceed the amount of the equipment deposit, NOLS will charge your account and mail you a final statement.

TO ESTIMATE YOUR EQUIPMENT FEES FOR YOUR NOLS COURSE:

1. Projected equipment rental charges from NOLS \$ _____
(Rental prices are for the entire course.)
2. Projected purchases from NOLS: + \$ _____
(Estimated from the checklist.)
3. Add lines 1 and 2: = \$ _____
This is your estimated total with RENTALS and PURCHASES
4. Equipment deposit you have on credit - \$ _____
(See your account statement for amount.)
5. Subtract line 4 from line 3:
This is your FINAL ESTIMATED BALANCE \$ _____