

NOLS INDIA  
EQUIPMENT LIST - TRIP LEADER COURSE

This list has two parts: Gear that NOLS will provide and Gear that you must bring. You are welcome to bring any gear that falls in the list of what NOLS will provide. However, your instructors will determine if it is suitable for this course.

**NOLS has the following gear available for participants. However, in the past, we have found that at times, the size available with us does not match with the size required. So, if you own, or have access to any of the following items please bring it along.**

Backpack	Sleeping bag	Compression stuff sack
Foam pad	Foam pad stuff sack	Gaiters for hiking boots
Wind shirt	Wind pant	Pile balaclava (monkey cap)
Pile vest	Pile jacket	Pile pants
Pile mittens	Mitten shells	

In addition to the above, NOLS will provide the following group gear.

Tents	Cooking stoves	Fuel and fuel bottle
Cooking gear	Maps and Compass	First aid kits
Equipment repair kits	Reference books	Binoculars

**Gear that you must bring:**

Sturdy hiking boots. Preferably all leather upper as it provides better ankle support. If you do not own a pair yet, it is advisable that you buy one soon and wear it often so that your feet get used to them. This will help prevent blisters on the course.

Light weight tennis shoes. For wearing in camp.

**Gear that you must bring or buy from NOLS.**

Wool socks. 4 -5 pairs. Preferably thick wool socks.

Nylon socks. 2-3 pairs. These are the type that you wear daily. It is worn under the wool socks to prevent blisters.

Cotton T-shirt. You will take only one t- shirt in the field as it can be worn only on sunny days or while hiking. Cotton does not keep you warm!

Long john top. Also known as thermal underwear. Preferably wool/poly propylene. This will be worn as your first layer. Over this you can wear pile jacket or vest, depending on how cold it gets.

Rain Jacket It is better to have a rain Jacket than wish you had one!

Wool gloves. 2 pairs. As thick as available in the market.

Nylon hiking shorts. Nylon is preferred over cotton as it dries faster. Or you may choose to hike in tracksuit pants. Remember these are heavier than shorts, and being cotton, do not offer any warmth!

Long john bottoms. Preferably wool/poly propylene. Again, this will be your first layer, over which you can wear your pile pants.

Underwear. 2-3 changes.

Sun hat. Cotton or nylon.

Sun glasses. Preferably with a retainer.

Sun protection lotion. This is an optional item.

Lip balm (chap stick). This is a highly recommended item.

Cup, bowl & spoon. Preferably sturdy plastic. Steel will be fine. Remember it is heavier than plastic. We recommend a bowl to eat out of rather than a plate, as the food does not spill easily.

Water bottle. 1 liter capacity, or 2 half liter capacity. Please ensure that they do not leak.

Head lamp/ flashlight. Preferably a headlamp as it leaves your hands free to do other work. Please bring extra batteries.

Lighter. For lighting your stoves.

Pocket knife.

Candle. Preferably the ones that are at least half inch thick. 2-3 will suffice.

Toilet articles. Tooth brush, tooth paste etc...

Wrist watch. One with an alarm and light helps!

Notebook, pen/pencil.

Camera with film. Remember the weight factor!