

Equipment List

Semester in India

Welcome to NOLS! We look forward to having you with us in the Pacific Northwest on your way to India.

This equipment list will assist you in deciding what to bring. The items listed generally are 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 only 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 if you are returning to Seattle after the course. Otherwise, NOLS will provide boxes, tape and labels, and help you ship extra gear home at your expense. Shipping is expensive; be careful to limit your gear selections to the items on this list!

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 and the rental prices are reasonable given the wear the equipment receives. Also, if you plan to eventually purchase your own 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 by the amount of wear received by their personal gear on a NOLS course.

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 will vary depending on the amount of equipment that you rent or purchase from us.

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.

The equipment rental and purchase prices located in the following checklist will allow you to estimate your charges. Rental prices listed are for the entire course. **All prices are subject to change.**

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** or by email at **pnw_outfitting@nols.edu**, or visit our web site at **www.nols.edu**. You can also write to us at **NOLS PNW Outfitting, PO Box 527, Conway, WA 98238**.



Upper Body Layers

NOLS uses a layering system where different pieces of clothing are worn together or separately to achieve optimum body temperature control. The upper body garments listed here are either synthetic garments which retain their insulating properties when wet, or nylon or Gore-Tex® layers which help prevent heat loss by cutting wind, rain and snow. You will need **three insulating layers**, plus a wind and a rain layer. They must fit comfortably over each other so they can all be worn at the same time. Your top insulating layers must be a heavy fleece made of Polartec® 200 or 300 or an insulated jacket with a zipper. If you tend to get cold easily, include a fleece vest in addition to the other three layers. With the exception of one T-shirt, cotton or cotton blends are not acceptable.

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Sports Bra	Available for Purchase	\$18–\$36	2	Women’s sports bras in Capilene®, Coolmax are recommended.	
T-Shirt	Available for Purchase	\$27	1	We 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)	\$35	\$90-\$220	1	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.	
Fleece Vest	\$30	\$45	1	Optional. A fleece vest of Polartec® 200 or a synthetic filled vest.	
Wind Shirt	\$35	\$55	1	A lightweight, breathable, nylon wind shell either pullover or parka style. Must be large enough to fit over all of your 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 your 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	3	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. The insulating layers can be two mid-weight layers, a mid-weight and expedition weight (or equivalent) or, if you tend to get cold easily, a mid-weight and fleece layer.

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Underwear	Available for Purchase	\$18-\$36	2	Women's or men's briefs or boxers in Capilene®, Coolmax or silk are recommended. Women's briefs in cotton will work.	
Hiking Shorts	Available for Purchase	\$15-\$36	1	Loose fitting nylon athletic or river shorts. No cotton.	
Base Layer (Mid-weight Synthetic)	Available for Purchase	\$22-\$38	2	Light or mid-weight bottoms of high performance polyester, Capilene®, Smartwool or Polartec Power Dry.	
Mid-Layer (Expedition Weight Fleece Pants)	\$35	\$33-\$53	1	Expedition weight bottoms of Polartec 200 (or greater) or stretch Capilene®.	
Wind Pants	\$35	\$55	1	Breathable nylon wind pants that are roomy enough to fit over all lower body garments. Zippered legs will help you slip your pants on over hiking boots. We recommend that you rent wind pants from us. NOLS has a custom design that includes zippered legs and reinforced patches at points of wear that hold 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. Breathable fabric such as Gore-Tex® and H2NO® are preferable and can work as both a wind and rain layer.	
Cotton Pants/Skirt	Must Bring	Must Bring	2	For airline/bus travel before and after your course. Light colors are cooler.	

Head, Neck & Hand Layers

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Liner Gloves	Available for Purchase	\$8-16	1 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.	



Packs & Bags					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Backpack	\$120	\$250-\$455	1	We rent Lowe Alpine, Deuter and Dana Design internal frame packs. If you decide to purchase your own, we recommend the Deuter 90+10, Dana Design Astraplane, Mystery Ranch G Series, Gregory Denali, Osprey or a pack of similar quality and capacity. Internal frame packs must have a volume of 6,000–7,000 cubic inches (98–115 liters).	
Day Pack	\$15	\$50	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.	
Travel Duffel	\$12	\$105	1	A very large (8,000+ cubic inches) zippered, nylon shipping bag to put all your belongings, equipment and backpack in for the flight to and from India.	
Ditty Bags	\$3	\$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.	
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 after the course.					

Sleeping Bag and Pad					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Sleeping Bag	\$75	\$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.	
Compression Sleeping Bag Stuff Sack	\$12.50	\$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.	
Our advice? A sleeping bag is another 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 after the course.					



Miscellaneous Items					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Insulated Mug	Available for Purchase	\$5-\$6.50	1	12–20 oz. insulated mugs with lids are preferred. Many staff use a 16 oz Nalgene for their mug.	
Bowl	Available for Purchase	\$5	1	A bowl with a snap-on or threaded lid. Re-sealable Tupperware® type containers work great.	
Spoon	Available for Purchase	\$1	1	Lexan spoons are light and durable.	
Hydration System	Available for Purchase	\$8-\$31.95	2	Two water containers are required (64 ounces, 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 SPF 30 or greater.	
Sunscreen and Sunblock (Zinc)	Available for Purchase	\$4-\$9	1 each	8 oz tube of SPF 30 or greater sunscreen. One tube of sunblock, such as zinc oxide, which can be purchased in the baby section of drugstores.	
Bandanna	Available for Purchase	\$2	2	Useful for a variety of purposes.	
Glacier Glasses or Sunglasses	Available for Purchase	\$39-\$120	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 prescription sunglasses or look for a good quality polarized clip-on. Julbo, Smith, Coyote Vision, Oakley, Bolle and Bausch and Lomb are good brands.	
Prescription Glasses and Contact Lenses	Must Bring	Must Bring	1 pair	Bring spare glasses or contact lenses. Contact lens wearers should consider bringing a pair of glasses as backup.	
Sunglass Retainers	Available for Purchase	\$5	1	Chums® or Croakies® for your glasses or sunglasses.	
Headlamp	Available for Purchase	\$32	1	LED headlamp preferable. Bring spare batteries. We sell Petzl headlamps.	
Batteries	Available for Purchase	\$0.85 ea	4 sets	We have AA and AAA for sale.	
Disposable Lighters	Available for Purchase	\$1	2	Used to light camp stoves. Keep in mind that airlines don't allow this item in carry-on luggage.	
Personal Hygiene Articles	Must Bring	Must Bring	1	Bring travel size toothpaste, toothbrush, brush, and plenty of tampons. We have toothbrushes and toothpaste for sale.	

Miscellaneous Items (Continued)					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Instant Hand Sanitizer	Available for Purchase	\$1.50	1	2 oz bottle preferable. Alcohol-based.	
Watch	Must Bring	Must Bring	1	Water-resistant. An alarm and a light feature are helpful.	
Notepad	Available for Purchase	\$3-\$10	1	A small, lightweight pad is fine. Steno notebooks work well.	
Pen/Pencil	Available for Purchase	\$0.75	1-2	Pen or pencil is fine.	
Insect Repellent	Available for Purchase	\$6	1	A small bottle or tube. No aerosol spray cans.	

Optional Items					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Coffee	Available for Purchase	\$10/lb.	1	Bring if you enjoy specialty coffee for yourself in the morning. Coffee is not included the NOLS ration.	
Vitamins	Must Bring	Must Bring	1	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. Sturdy 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. Consider extra batteries	

Footwear					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Boots	Must Bring	Must Bring	1 pair	Sturdy all-leather heavy backpacking boots with good ankle support, Vibram soles and a proper fit are critical for hiking on uneven terrain with heavy expedition packs. Waterproof before bringing. See below for additional boot recommendations.	
Socks	Available for Purchase	\$8-\$16	4-6 pair	Crew length. Socks must be heavy wool or wool/polypropylene blend. Thorlo® and Smartwool® are good choices.	
Liner Socks	Available for Purchase	\$5	2 pair	Lightweight wool, synthetic or Capiline® “wick dry” socks.	
Gaiters	Available for Purchase	\$25-\$55	1 pair	Must be knee high and durable. Outdoor Research, Black Diamond, Granite Gear, Rocky Mtn High, Powder Line, and Mountain Hardwear all manufacture suitable gaiters. Make sure they fit comfortably over your hiking boots.	



Footwear (continued)					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Camp Shoes	Must Bring	Must Bring	1 pair	Running, tennis or cross-training athletic shoes, in good condition, to wear around camp. Avoid expensive shoes. Open-toed river or mountain sandals are not acceptable.	
Insoles	Available for Purchase	\$14	1 pair	An after-market insole (available for purchase separate from footwear) can provide arch support, stabilize your foot and heel, add cushion, help with volume adjustment and assure your comfort in hiking boots. Spenco Polysorb®, Superfeet, and Montrail Stabilizing Insoles are good choices.	
Please refer to your enrollment packet for specific boot fitting information. If you have any questions about fitting boots, call the NOLS Admission Office at 800-710-6657 or look us up on the web at www.nols.edu .					

Recommended Boots

Medium-weight off-trail backpacking boots work best. This type of boot is constructed with a full-grain leather upper and typically has a Vibram® rubber sole. Some models utilize an injection molded, composite rubber sole with a randed welt to bond the leather upper to the sole. Both types of sole are acceptable. These boots are designed for extended backpacking and provide good support for off-trail hiking with heavy packs or extended trips.

The following list is not exhaustive and is to be used for suggestions only. The boots listed here should help define what type is acceptable for your course. It is fine to substitute a similar boot for one listed here provided the model you bring is a good quality leather model designed for extended backpacking expeditions with heavy packs.

Examples of Acceptable Boots*:

- Asolo: TPS 520 GV, TPS 535
- Garmont: Dakota, Expedition, Montana
- La Sportiva: Latok Trk, Thunder GTX
- Lowa: Tahoe GTX, Tibet GTX, Banff
- Montrail: Blue Ridge, Torre, Traverse
- Raichle: Mt Peak, Mt Trail
- Scarpa: Delta M3, SL, M3
- Technica: Galaad NB, Galaad SD GTX
- Vasque: Zephyer, Luna, Wasatch GTX, Sundowner Summit GTX

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

Rafting Section Equipment					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
River Sandals	Must Bring	Must Bring	1 pair	Rubber sandals with a heel strap. Alp, Teva and Chaco are common brands.	
Towel	Must Bring	Must Bring	1	For drying off.	
Long-sleeved Cotton Shirt	Must Bring	Must Bring	1	A collared long-sleeved cotton shirt is an effective form of sun protection. Bring an old shirt.	
Light-weight Cotton Pants	Must Bring	Must Bring	1	Convenient to keep sun off your legs around camp. Bring an old pair.	



Rafting Section Equipment (continued)					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Small Dry Bag	\$10	\$20	1	10-20 liter dry bag made of heavy duty, durable, waterproof material. Used to carry gear during the paddle day.	
Swimsuit	Must Bring	Must Bring	1	To be considerate of local customs, we recommend that men wear nylon shorts and women wear nylon shorts and a t-shirt/long-sleeved shirt.	
Rental of technical whitewater gear (PFD and helmet) is included in your tuition. Feel free to bring any personal whitewater gear you have and your instructors will check it to make sure it is appropriate for your trip.					

Home Stay & Environmental Studies Section Equipment					
You need comfortable clothes to move and bend in.					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Pants	Must Bring	Must Bring	2 pair	Cotton pants to wear around the home. Please choose a conservative design.	
Shirt	Must Bring	Must Bring	3	Cotton T-shirt or shirt to wear around the house. Choose a conservative design. No tank tops please.	
Photos of Your Home & Family	Must Bring	Must Bring	Highly Recommended	Sharing photographs of your home, family and friends will be very much appreciated by your host families.	
<i>Lonely Planet</i> Hindi Guide	Must Bring	Must Bring	Highly Recommended	This is a good beginner phrase book for the course. Please acquire other books, DVDs or tapes on Hindi in preparation for your time in India.	

Group Equipment		
All items listed below are provided by NOLS and shared among all expedition members. Group equipment is included as part of the course tuition. However, students will be charged for any lost or damaged group equipment.		
Tent and Shelters	Cooking Gear	Binoculars
Camp Stoves	Bear Resistant Food Containers	Ground Cloths
Fuel and Fuel Bottles	Reference Books	Helmets
Maps and Compass	Ice Axes	Fishing Equipment
Trowels or Shovels	Equipment Repair Kits	First Aid Kits

Equipment Charges Worksheet

An equipment deposit is required of each student to cover the average cost of equipment rental and cleaning. You will also be charged for the replacement of any lost or damaged group equipment. Your actual expenses 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 equipment deposit. Rental and purchase charges will be totaled at the end of your course. Those of you using some of your own equipment may be eligible for a refund, which will be sent to you by mail. If you anticipate a balance due over your equipment deposit, please make arrangements for payment on the final day of your course. Acceptable payment methods are cash, personal checks, traveler's checks, VISA, or MasterCard. The following worksheet will help you estimate your equipment fees:

1. Total projected RENTAL charges from NOLS (Estimated from the checklist):	\$
2. Total projected PURCHASE charges from NOLS (Estimated from the checklist):	\$
3. Add lines 1 and 2. This is your estimated total for RENTALS and PURCHASES:	\$
4. Equipment deposit for your course (See your financial statement):	\$
5. Subtract line 4 from line 3. This is your estimated FINAL BALANCE DUE/OVERPAYMENT:	\$

