

NOLS INDIA
EQUIPMENT LIST - YOUNG 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 if you have used it before. However, your instructors will determine if it is suitable for this course.

Gear that NOLS will provide course:

Backpack	Sleeping bag	Compression stuff sack
Sleeping pad	Wind shirt	Wind pant
Pile balaclava	Pile vest	Pile jacket
Pile pants	Pile mittens	Mitten shells

In addition to the above, NOLS will provide the following group gear at no extra cost.

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.

Lightweight tennis shoes/sandals. For wearing in camp.

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 proplene. 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. Even though we do not expect it to rain in April/May, better to be safe than sorry.

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 proplene. 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. Sun Screen Must bring 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 with lid to eat & carry 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.

Large Plastic thick garbage bags to line the backpack

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

Wrist watch. One with an alarm and light helps!

Notebook, pen/pencil.

Camera Remember the weight factor!

Most of this gear is available at Decathlon Sports check out this site

<http://www.decathlon.com/new/index.html> or <http://www.adventure18.com/>

