

Equipment List

Sea Kayaking Instructor Course

Welcome to NOLS!

We look forward to having you with us this spring in the Pacific Northwest.

You have enrolled at NOLS to develop and refine your kayak skills, outdoor teaching techniques, and leadership skills in order to prepare for you for professional positions in wilderness education programs.

Except for a few personal items, as indicated on the following list, we can completely outfit you for your course. This list is designed to assist you in deciding what to bring. The gear listed generally gets taken on this course; the actual gear required for your course may vary slightly, given course route, curriculum goals, season and prevailing weather conditions. There is also a list of optional items. You are welcome to bring any items 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 may leave it with your baggage in our storage room.

While you do not have to rent gear from us, there are several reasons why we suggest it. Our rental gear is high quality, 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 the expedition. Finally, even if your equipment is appropriate, it will receive lots of hard use. Students are often surprised at the amount of wear put on their personal gear in a month. **The rental prices listed are for the entire course.**

The availability of each item is indicated as follows:

Purchase at NOLS — The item is available from NOLS, but for PURCHASE ONLY.

Must Bring — The item is NOT AVAILABLE from NOLS; bring from home.

Rental Only — The item is available for RENT from NOLS. But may be purchased at the end of your course.

ALL PRICES ARE SUBJECT TO CHANGE.

In addition to the course tuition, an equipment deposit is charged to you to cover the cost of equipment rental and cleaning. You will be charged additionally for the replacement of any lost or damaged equipment. Your actual expense will vary depending on the suitability of your personal gear and 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 fee. Should your total be less than the equipment deposit, the difference will be refunded to you by mail after your course. If you exceed the amount of the equipment deposit, NOLS will charge your account and mail you a final statement.

We have an experienced and competent outfitting staff ready to help. If you have any questions or would like more information regarding any of the items on the equipment list, don't hesitate to contact the NOLS Pacific Northwest outfitting department at:

Phone: (360) 445-6657

Email: pnw_outfitting@nols.edu

Website: <http://www.nols.edu/courses/locations/pacificnw/>

Mailing Address: P.O. Box 527 Conway, WA 98238



Upper Body Layers

You'll need at least 3 insulating layers, plus a wind and a rain layer, which must fit comfortably over each other so they can all be worn at the same time. If you tend to get cold easily, add the fleece vest in addition to the other 3 layers. Two base layers are nice; one for paddling and one for camp.

| Equipment | Rental Price | Purchase Price | Quantity | Comments | Check List |
|--|------------------|----------------|----------|--|------------|
| T-Shirt | Purchase at NOLS | \$27 | 2 | 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) | Purchase at NOLS | \$23-\$52 | 1-2 | Lightweight or midweight crew or zip turtleneck top of polyester, Capilene, or Polartec Power Dry. | |
| Mid-Layer (Expedition Weight) | Purchase at NOLS | \$48-\$68.50 | 1 | Expedition-weight crew or zip turtleneck top of polyester fleece or Capilene. | |
| Top Insulating Layer (Fleece Jacket or Insulated Jacket) | \$30 | \$66-\$190 | 1 | A heavy weight, full-length zip fleece jacket of Polartec® 200 or 300 or insulating jacket that is lightweight, such as the Mountain Hardwear Compressor or Patagonia Micro Puff. An insulated jacket preferred. | |
| Fleece Vest | \$16 | \$45 | 1 | A polyester fleece vest of Polartec® 200 or synthetic filled vest. <u>Optional for adjusting your layers.</u> | |
| Wind Shirt | \$20 | \$55 | 1 | A lightweight, breathable, nylon wind shell either anorak or full-zip style. This must be large enough to fit comfortably over the 3 insulating layers. | |
| Waterproof Paddling Jacket | \$40 | \$250 | 1 | A waterproof nylon, paddling jacket with neoprene seals on cuffs and collar, and neoprene waistband with bungee draw cord. | |
| Foul Weather Jacket | \$20 | \$99-\$150 | 1 | A quality waterproof jacket (PVC or similar material.) If you own a suitable Gore-Tex® jacket, bring it. Available from Helly Hanson, Dutch Harbor and Peter Storm. | |
| Personal Floatation Device (PFD) | \$15 | \$135 | 1 | A Class III vest with whistle designed for kayaking. We use Lotus Deepwater and Locean, Astro Buoyancy Tempo 200. | |

Lower Body Layers

You'll need at least 2-3 insulation layers, plus a wind layer, which must fit comfortably over each other so they can all be worn at the same time. Many students bring an extra mid-weight layer. The secondary layer and fleece pants can be interchangeable; if you get cold easily, bring fleece pants.

| Equipment | Rental Price | Purchase Price | Quantity | Comments | Check List |
|---|------------------|----------------|----------|--|------------|
| Base Layer (mid-weight synthetic) | Purchase at NOLS | \$22- \$38 | 1-2 | Light or mid-weight bottoms of polyester, Capilene®, Smartwool or Polartec Power Dry. Bring 2 if you prefer a paddle layer and a land layer. | |
| Mid-Layer (expedition-weight fleece pants) | \$25 | \$33-\$53 | 1 pair | Expedition-weight bottoms of Polartec fleece (200 weight or greater) or Patagonia R1. | |
| Wind Pants | \$25 | \$55 | 1 pair | Breathable, nylon wind pants which are roomy enough to fit over all lower body garments. Gore-Tex® wind pants are acceptable. NOLS has a custom design that includes zippered legs and reinforced patches at points of wear and hold up well to the rigors of a NOLS course. | |
| Hiking Shorts | Purchase at NOLS | \$36-\$45 | 1 pair | Lightweight athletic shorts are fine. No cotton. | |
| Women: Underwear/ Sports Bras Men: Boxers | Purchase at NOLS | \$18-\$36 | 2 | Women's briefs and sports bras are available for sale. Capilene® underwear is recommended, but cotton will work. Men may prefer synthetic boxer shorts. | |
| Foul Weather Bibs | \$15 | \$125 | 1 pair | Heavy duty, waterproof bibs (PVC or similar material). Available from Helly Hanson, Dutch Harbor, Kokotat and REI. If you have suitable Gore-Tex® pants, bring them. | |

Head, Neck & Hand Layers

| Equipment | Rental Price | Purchase Price | Quantity | Comments | Check List |
|----------------------|------------------|----------------|-----------|--|------------|
| Sun Hat/Baseball Cap | Purchase at NOLS | \$18.25 | 1 | Necessary for sun protection of your face and ears. Outdoor Research Sombrero or safari cap would work well. | |
| Balaclava | \$6.25 | \$20 | 1 | Fleece balaclavas provide protection and insulation under severe conditions and when in your sleeping bag. | |
| Wool or Fleece Hat | Purchase at NOLS | \$16-\$30 | 1 | A warm hat made of wool or synthetic materials. | |
| Fleece/Wool Gloves | \$13-\$22 | \$10-\$13.50 | 1-2 pairs | Fleece, wool or polypro liner gloves for sun protection and in camp on cold, wet days. | |

| Head, Neck & Hand Layers (Continued...) | | | | | |
|---|--------------|----------------|----------|--|------------|
| Equipment | Rental Price | Purchase Price | Quantity | Comments | Check List |
| Neck Warmer | Must Bring | Must Bring | 1 | If you are using a balaclava, it is not necessary. But it's good in combination with a warm hat. | |
| Paddling Pogies/Gloves | \$7 | \$35 | 1 pair | Made to fit over a kayak paddle, either insulated or non-insulated, neoprene preferred. | |
| Rain Hat/Sou'wester | \$4 | \$10 | 1 | We suggest a Sou'wester-type rain hat even if your foul weather jacket has a hood. | |

Our advice? As long as they're not cotton, bring your gloves and mittens. We'll check them and see if they'll work. You may need one pair, or depending on the weather, you may need two pairs.

| Footwear | | | | | |
|--------------|------------------|----------------|-----------|---|------------|
| Equipment | Rental Price | Purchase Price | Quantity | Comments | Check List |
| Rubber Boots | \$20 | \$100 | 1 pair | Knee high, all-rubber boot with a very good tread sole that fit comfortably with 1-2 pairs of socks. We use Extra Tuffs® for exploring beaches and in camp. | |
| Camp Shoes | Must Bring | Must Bring | 1 pair | Running, tennis or closed toed sandals, in good condition, to wear around camp. | |
| Wool Socks | Purchase at NOLS | \$8-\$16 | 5-6 pairs | Crew length. Socks must be heavy ragg wool or wool/synthetic blend. Thorlo® and Smartwool® are good choices. | |

| Storage Bags | | | | | |
|--|--------------|-----------------|----------|--|------------|
| Equipment | Rental Price | Purchase Price | Quantity | Comments | Check List |
| Zip (Duffel) Bag or Waterproof Dry Bag | \$5 | \$11.75-\$19.95 | 2 | One small size (9"x 12") and one large size (12"x 24") zippered nylon bags used as clothing and storage bags or small and medium size waterproof rubberized dry bags. | |
| Small Stuff Sacks | \$3 | \$5-\$11 | 2 -3 | Small nylon or net bags for organizing items. | |

| Storage Bags (Continued...) | | | | | |
|-----------------------------|-------------------|----------------|----------|--|------------|
| Equipment | Rental Price | Purchase Price | Quantity | Comments | Check List |
| Boat Bag | \$10 | \$60 | 1 | An XL lightweight nylon duffle bag used for moving your gear into the field and around camp. | |
| Plastic Trash Bags | Available at NOLS | \$1 | 4 | Heavy-duty lawn and garden bags: 2-2 mil/33 gallon bags AND 2-3 mil contractor cleanup bags. | |

| Sleeping Gear | | | | | |
|---|--------------|----------------|----------|--|------------|
| Equipment | Rental Price | Purchase Price | Quantity | Comments | Check List |
| Sleeping Bag | \$60 | \$170-\$192 | 1 | We recommend synthetic-insulated bags approximately rated to 0°F. Down or feather-filled bags are <u>not</u> suitable for the wet conditions sometimes encountered in the Pacific Northwest. | |
| Compression Stuff Sack | \$8 | \$20-\$26 | 1 | Large compression stuff sack for your sleeping bag. | |
| Sleeping Pad (Therm-A-Rest®) and Stuff Sack | \$10 | \$17.75-\$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 sale only and require a repair kit. | |

| Miscellaneous Items | | | | | |
|--|------------------|----------------|----------|---|------------|
| Equipment | Rental Price | Purchase Price | Quantity | Comments | Check List |
| A mug, bowl (Tupperware bowls work well) and spoon. Cup and bowl must be of non-breakable material such as enamel or soft plastic. Insulated mugs with lids are good to keep drinks hot. | | | | | |
| Insulated Mug | Purchase at NOLS | \$5-\$13.50 | 1 | 12 to 20 oz. insulated mugs with lids are preferred. Many staff use 16 oz. Nalgene water bottles for their mug. | |
| Bowl | Purchase at NOLS | \$5 | 1 | A bowl with a snap-on lid. Re-sealable Tupperware® type containers work great. | |
| Spoon | Purchase at NOLS | \$1 | 1 | Lexan spoons are light and durable. | |

| Miscellaneous (Continued...) | | | | | |
|--|------------------|----------------|----------|--|------------|
| Equipment | Rental Price | Purchase Price | Quantity | Comments | Check List |
| Hydration System | Purchase at NOLS | \$8-\$31.75 | 1-2 | Two water containers are required (64 oz. total.) One needs to be a water bottle. We recommend the other be a Platypus®, Camelbak® or MSR Hydromedary® bag with 64 oz. capacity. Two water bottles are okay. | |
| Lip Balm | Purchase at NOLS | \$2.50 | 1 | We recommend SPF30 or greater. | |
| Sunscreen | Purchase at NOLS | \$13.95 | 1 | 4-ounce tube with sun protection factor (SPF) 15 or greater. | |
| Bandanas | Purchase at NOLS | \$2 | 2 | Useful for a variety of purposes. | |
| Sunglasses | Purchase at NOLS | \$48-\$150 | 1 pair | Lenses should block 100% ultraviolet and 95% infrared light. | |
| Prescription Glasses And Contact Lenses | Must Bring | Must Bring | 1 | If you wear them, bring a spare pair of glasses or lenses. Contact lens wearers should also bring a pair of glasses as backup. | |
| Headlamp | Purchase at NOLS | \$32-\$39 | 1 | LED headlamp preferable. Bring spare batteries. We sell Petzl and Black Diamond headlamps. | |
| Batteries | Purchase at NOLS | \$.85 | 1 set | We have AA, AAA batteries for sale. | |
| Disposable Lighters | Purchase at NOLS | \$1 | 2 | Used for lighting camp stoves. Keep in mind that airlines don't allow this item in carry-on luggage. | |
| Toilet Articles | Must Bring | Must Bring | 1 | Bring travel size toothbrush, toothpaste, brush, and plenty of tampons. We have toothbrushes, toothpaste, and tampons/pads for sale. | |
| Watch | Must Bring | Must Bring | 1 | A water-resistant watch with an alarm. | |
| Notepad | Purchase at NOLS | \$3-\$10 | 1 | A small, lightweight pad is fine. We sell NOLS all-weather Expedition Journals. | |
| Pen | Purchase at NOLS | \$1 | 1-2 | Pen or pencil. | |
| Sunglass Retainers | Purchase at NOLS | \$5 | 1 | Optional. Chums® or Croakies® for keeping track of your glasses or sunglasses | |
| Remember to bring a passport to enter Canada. | | | | | |

| Optional Items | | | | | |
|----------------------|------------------|----------------|----------|--|------------|
| Equipment | Rental Price | Purchase Price | Quantity | Comments | Check List |
| Vitamins | Must Bring | Must Bring | 1 | Some students bring multi-vitamins to supplement the diet. | |
| Thermos | Purchase at NOLS | \$21.95 | 1 | A one- or two-quart vacuum bottle is recommended but optional. You can substitute a thermos for one water bottle. | |
| Coffee | Purchase at NOLS | \$11/lb. | 1 | Bring if you enjoy specialty coffee for yourself in the morning. Coffee isn't in the NOLS rations but can be purchased. | |
| Collapsible Umbrella | Purchase at NOLS | \$40 | 1 | A collapsible golf umbrella is a great optional item for rainy days. | |
| Camera and Film | Must Bring | Must Bring | 1 | Lightweight, 35 mm compact cameras are sufficient; bring a protective case. Avoid heavy lenses and elaborate set-ups. A waterproof bag or box is necessary. | |
| Binoculars | Must Bring | Must Bring | 1 | These are recommended to help you develop your ability to assess sea conditions. 7x35 or 8x35 are good choices. You may need a waterproof container since you'll be around salt water. | |
| Insect Repellent | Purchase at NOLS | \$6 | 1 | 1 small bottle. No aerosol spray cans. | |

NOLS has wet suits and hoods provided as group gear. We also have dry tops and a few dry suits for rent.

| Group Gear | | |
|---|-----------------------------------|------------------------|
| <p>Expedition members share both the use of and 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> | | |
| Tents & Shelters | Compass/Charts | Kayaks and accessories |
| Cooking gear/Spice kits | Whetstone | Safety equipment |
| Stove/MSR | Shovel (small) | Paddles |
| Binoculars | Repair kits | Helmets for surfing |
| Fishing equipment | Water Jugs | Boat bag |
| Fuel bottles | Wet suit (you may bring your own) | |
| | | |
| <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 the course. Those using some of their own equipment may be eligible for a refund, which will be mailed 2-4 weeks after the course ends. 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.) | | \$ | <hr/> |
| 2. Projected purchases from NOLS: (Estimated from the checklist.) | + | \$ | <hr/> |
| 3. Add lines 1 and 2: This is your estimated total with RENTALS and PURCHASES | = | \$ | <hr/> |
| 4. Equipment deposit you have on credit (See your account statement for amount.) | - | \$ | <hr/> |
| 5. Subtract line 4 from line 3: This is your FINAL ESTIMATED BALANCE | | \$ | <hr/> |

