

Equipment List

Semester in New Zealand

Welcome to the NOLS New Zealand Semester!

We look forward to meeting you!

Please look over this equipment list carefully, it is designed to assist you in deciding what to bring. The gear listed is generally used on these trips. There is also a list of optional items some people choose to bring. Remember that you will be carrying all your gear. Extra items definitely affect pack weight. The actual gear needed for your course may vary slightly from the list given here. The reasons for this may be due to a given course route, instructor preferences, curriculum goals, season and prevailing weather conditions. Everybody has their own particular ideas about what gear works best, and after your semester you will have even clearer personal preferences.

The gear we suggest is based on the collective experience of many hundreds of days of student and instructor experience and feedback. **We do not recommend that you go out now and buy a lot of specialized gear for this course because after two to three weeks in the field you may wish you'd purchased something different.** At our base you can rent or buy most of what you need for your course except boots and a few personal items. The rental option might be better than buying expensive gear that you are not sure will be suitable. If you wish to buy gear before your course please read our equipment descriptions carefully and contact us, or a NOLS Preferred Retailer if you have any questions.

Canoeing, Sea Kayaking, Mountaineering, and Sailing sections have specific gear requirements as indicated below. Check to see which of these sections is included in your semester. You only need to bring gear for the sections you have on your semester. All semesters have a Backpacking section.

Upon arrival your instructors will inspect your equipment and may suggest you leave certain items behind or suggest that you buy additional items. You may store any excess gear at our headquarters. You are not obligated to rent or purchase gear from NOLS. As long as the gear you have is deemed suitable by your instructor's you may take it on your course.

In addition to the course tuition, an equipment deposit is charged to each student to cover the average cost of equipment rental, purchase and cleaning. You will be charged additionally for any personal or group lost and/or damaged 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, for which you will be billed after your course. Should your total be less than the deposit, the difference will be refunded to you by mail.

The availability of each item is indicated as follows:

- | | |
|--------------------------|--|
| Rental | – The item can be rented or purchased from NOLS. |
| Purchase Only | – The item can be purchased from NOLS, but is not available to rent. |
| Must Bring | – The item is not available from NOLS, but is required for your course. |
| Bring If You Want | – The item is not available from NOLS and is optional for your course. |
| Optional | – May be useful and can be purchased from NOLS but is not essential. |

Purchase price listed is for new gear; used gear will be discounted proportionally according to degree of wear. Most rental prices are based on semester length usage. Skill section specific items, other than for hiking sections, are charged per section: i.e. a personal floatation device (PFD) rental is charged for both the canoe and sea kayak sections. **Note: All prices are in \$USD. They are subject to change and include a 15.0% New Zealand Goods and Services Tax.**

If you have any questions, or would like more information regarding any of the items on the equipment list, please contact one of the following: E-mail: new_zealand@nols.edu or visit our web site at <http://www.nols.edu>.



General Gear (for all sections and backpacking specifically)

Packs & Bags

On your semester you will use a combination of bags for each section. You will use a backpack for hiking (and mountaineering), and combinations of zip bags, compression stuff sacks and dry bags for water sections.

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Backpack	\$70 - \$150	\$300- \$500	1	NOLS New Zealand rents and sells MacPac, Deuter and Osprey packs. If you already own a large backpack, please bring it with you. Internal frame packs should have a volume of 5400 -6100 cubic inches (85-95 litres. One litre of volume is equivalent to 64 cubic inches.).	
Large Stuff Sacks /Lightweight Zip Bag (Optional)	\$4-\$10	\$15-\$35	1 (Optional)	Used to organize items in your pack.	
Small Stuff Sacks (Optional)	\$4	\$5-\$11	2 or 3 (Optional)	Small nylon or net bags for organizing items in your pack.	
Plastic Trash Bags	Purchase Only	\$1	6-8	33-gallon contractor cleanup bags or compactor bags for making stuff sacks and backpacks more waterproof. These need to be thick and strong.	
Plastic Pack Liner Bag (Optional)	Purchase Only	\$5	1 (Optional)	Extra large heavy-duty plastic bag to provide additional waterproof lining to your pack.	

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.

Sleeping Gear

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Sleeping Bag	\$95	\$220	1	We recommend synthetic-insulated bags (Quallofil ®, Hollofil ®, Polarguard ®,etc.) for their durability and ease of care in the variety of conditions we encounter. A bag with approximately 3 pounds of fill rated to 10°F or 20° F (-10°C or -5°C) is required. Down or feather-filled bags are not allowed because of the wet conditions that you will encounter in New Zealand.	
Compression Stuff Sack	\$18	\$30-45	1	Large compression stuff sack is required for your sleeping bag.	
Half pad (Optional)	\$6	\$9	1 (Optional)	A half-length closed cell foam pad for sitting on in camp (allows you to keep your sleeping pad as dry as possible).	
Sleeping Pad	\$10	\$20-\$140	1	A full-length closed cell foam pad to insulate and pad beneath sleeping bag. Therm-A-Rest ® full length or 3/4 length are acceptable (and recommended) and for sale only. If you are bringing a Therm-A-Rest, bring a repair kit – they can get punctures.	
Sleeping Pad Stuff Sack (Optional)	\$7	\$33	1 (Optional)	A heavy-duty, cylindrical nylon storage bag to protect your sleeping pad if you need to carry it on the outside of your pack.	

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.



Upper Body Layers

You'll need at least 4 insulating layers (must stay warm when wet), plus 1 wind proof and 1 rainproof 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 4 layers.

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Women: Sports Bras	Must Bring	Must Bring	2-3	Most women instructors use synthetic jog bras while backpacking. In conjunction with hiking shorts these can act as a bathing suit.	
Light weight cotton or synthetic LS shirt	Must Bring	Must Bring	1	A cotton or lightweight polyester/Capilene long-sleeve T-shirt mainly for use on hot sunny days as sun protection.	
Base Insulating Layer (Lt/Mid-Weight Synthetic)	Purchase Only	\$25-\$65	2	Lt/Mid-weight underwear top of Smartwool, polypropylene, ZeO2™, Capilene® or Coolmax®.	
Middle Insulating Layer (Polypro, Micro Fleece)	Purchase Only	\$40-\$70	1	Mid - Expedition weight top of polypropylene, ZeO2™ or Capilene®. Medium weight wool shirt, sweater, or polyester fleece pullover of Polartec® 100 or 200 are also appropriate.	
Top Insulating Layer (i.e. Puff Jacket)	\$95	\$200	1	A full-length zip fleece jacket of Polartec® 200 or 300 or insulating jacket that is lightweight such as the Mountain Hardware Chugach, Sierra designs Chockstone or Patagonia puffball. Synthetic puff jackets are recommended because they stay warm when wet, we discourage people from bringing down jackets.	
Fleece or Insulated Vest (Optional)	Must Bring	Must Bring	1 (Optional)	A fleece vest of Polartec® 200 or synthetic filled vest. This is useful under a rain or paddle jacket on cold wet days or as an extra layer for those who get cold easily.	
Wind Shirt /Anorak (Optional)	Must Bring	Must Bring	1 (Optional)	A lightweight, breathable, nylon wind shell either anorak or full-zip style. This should be large enough to fit comfortably over the 3 insulating layers. A breathable rain jacket can double as your wind jacket also.	
Rain Jacket	Purchase Only	\$150-\$300	1	A sturdy, roomy waterproof jacket with a hood. Must be large enough to fit over all insulating layers. Must be strong enough to endure pushing through thick scrub. Both coated nylon and breathable fabric such as Gore-Tex are acceptable. This jacket needs to be waterproof enough to remain comfortable in conditions of continuous driving rain. An example of the minimum acceptable would be the Mountain Hardware Epic Jacket or the Patagonia Rainshadow.	

Our advice? If in doubt, bring what you have and we will tell you if it is adequate. If it is not you can rent or buy from us. Avoid making expensive purchases if you are not sure they will do the job.

Lower Body Layers

You'll need 2 lower insulating layers plus 1 pair of shorts, 1 wind layer and 1 waterproof layer, which must fit comfortably over each other so they can all be worn at the same time. If you get cold easily you may want to bring a pair of fleece pants as a third layer.

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Women: Underwear Men: Boxers	Must Bring	Must Bring	2 or 3	Capilene ® underwear is recommended, but cotton will work. Men may prefer boxer shorts.	
Hiking/Boating Shorts	Must Bring	Must Bring	1 pair	Loose fitting nylon athletic or river shorts. Men may want shorts with liners. These double as a swim suit (along with a jog bra for women).	
Base Insulating Layer (Lt-Mid Weight Synthetic)	Purchase Only	\$25-\$55	2 pair	Lt weight long bottoms of high performance polyester, polypropylene, ZeO2, Capilene ® or Coolmax.	
Middle Insulating Layer (Mid-Ex Weight Synthetic) (Optional)	Purchase Only	\$45-\$85	1 pair (Optional)	Mid-weight long bottoms of high performance polyester, polypropylene, ZeO2, Capilene ® or Coolmax or fleece pants. <i>You should be able to wear this over your lightweight layers.</i>	
Hiking Pants/Wind Pants	\$33	\$85	1 pair	Breathable nylon, or other synthetic pants, that are roomy enough to fit over all lower body garments. Zippered legs will help you slip your pants on over boots. Combination long pants with zips that allow conversion to shorts have been popular with many students. These help prevent sunburn and sandfly bites in good weather.	
Rain Pants	Purchase Only	\$88	1 pair	Coated nylon or Gore-Tex ® rain pants. These need to be waterproof and durable enough to withstand thorn bushes – so they need to be more heavy duty than the minimum acceptable rain jacket fabric. Zippered legs are essential for putting on over boots. Examples of acceptable types of rain pants are the Patagonia Grade VI pants or the Mountain Hardware Typhoon pants.	

Head, Neck & Hand Layers

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Liner Gloves (Optional)	Purchase Only	\$10	1 pair (Optional)	Capilene or polypropylene to be worn for warmth underneath regular gloves or as sun protection for people with sun sensitive skin or as protection against sandflies.	
Fleece or Wool Gloves	Purchase Only	\$29	1 pair	Poly Pro, Ragg wool or fleece gloves. Make sure these are warm and strong. Liner gloves alone will not be adequate.	
Wool Or Fleece Warm Hat	Purchase Only	\$29	1	A warm hat made of wool or fleece. Must be big enough to cover most of your ears. Fleece or wool neck gators are a useful optional extra.	
Baseball Cap or Felt Hat	Purchase Only	\$20	1	Necessary for sun protection of your face and ears. Outdoor Research Sombrero or safari cap would work well. We sell NOLS baseball hats. A hat strap to keep it on during windy days is useful.	
Bandana	Purchase Only	\$4	2	Tucked under a baseball hat will also keep sun off your neck. Good for multiple uses.	
Mosquito Head-net	\$3	\$12	1	A netted hood to provide relief from the sandflies.	



Footwear

NOTE: NOLS New Zealand does not have hiking boots, mountaineering boots, sneakers, river shoes or sandals for rent or sale. Please bring these with you if it indicates that you need them for your chosen skill sections.

You need 1 pair of sturdy hiking boots with good ankle support and proper fit for hiking on uneven terrain with heavy expedition packs. You'll need 1 pair of gaiters, 1 camp shoe and 3-5 pair of hiking socks. If you sleep cold, bring an extra pair of socks for your sleeping bag.

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Medium-Weight, off-trail backpacking boots	Must Bring	Must Bring	1 pair	<p>We do not have hiking boots for rental or purchase. Please look for a 3ml leather upper on a fully molded Vibram sole. These boots are designed for extended backpacking; provide good support for off-trail hiking with heavy packs. The following list is not exhaustive and is to be used for suggestions only. The boots listed here should help define what boots are acceptable for your course. It is fine to substitute a similar boot for one of the types listed here provided the boot that you bring is a good quality leather model designed for extended backpacking expeditions with heavy packs.</p> <p>NOTE: If your semester has a mountaineering section, one pair of boots can do both hike and mountain sections, but they need to be heavier duty than the boots listed here, so please look at the mountaineering gear list below.</p> <p>EXAMPLES OF ACCEPTABLE BOOTS* Asolo: Backpacking Series Lowa: Backpacking Series Garmont: Backpacking Series La Sportiva: Trango, Karakorum, Glacier Montrail: Feather Peak GTX North Face: Jannu II GTX Scarpa: Trail/Backpacking Series Vasque: Bitterroot GTX, Summit GTX Zamberlan: Baffin GTRR, Steep GT, Vioz GT</p> <p>*Please note that boot manufacturers often rename their product line. Visit the manufacturer's website or contact us if you have question.</p>	
Insoles (Optional)	Bring if you want	Bring if you want	1 pair (Optional)	To assure your comfort in hiking boots we recommend an after market insole (these are insoles available for purchase separate from footwear). They can provide arch support, stabilize your foot and heel, add cushion and help with volume adjustment. Suggestions would be Spenco Polysorb®, Superfeet, Montrail Stabilizing Insoles.	



Footwear (Continued)

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Socks	Purchase Only	\$10-\$20	3-5 pairs	Crew length. Socks must be heavy wool or wool / synthetic blend. Thorlo ® and Smartwool ® are good choices. You will need 2 sets of hiking socks (either heavy wool with a liner or 2 heavy wool or synthetic blends) and a pair for sleeping in.	
Liner Socks (Optional)	Must Bring	Must Bring	1-2 pair (Optional)	Lightweight wool, polypropylene or Capilene ® ""wick dry" socks. Many people find hiking more comfortable with a liner sock, if you have not done much backpacking, bring some.	
Camp Shoes	Must Bring	Must Bring	1 pair	Lightweight running, tennis or cross –training shoes, in good condition, to wear around camp. Avoid expensive shoes. Open –toed "river" or "mountain" sandals are not acceptable. Crocs are acceptable as lightweight camp shoes for hiking/mountain sections.	
Gaiters	\$20-\$40	\$40-\$80	1 pair	Worn over boots to keep out dirt, scree and snow. Gaiters receive hard use. Gaiters with zippers should have a double closure system, either Velcro or snaps. OR Crocodiles, and Mnt. Hardwear Ventigaiters have a Velcro front opening and work well. Gaiters with restrictive fit or tight elastic around the boot cuff are unacceptable. Make sure they fit over your boots. You will end up wearing your gaiters every day while hiking so they need to be durable.	

Sea Kayaking Section

NOLS provides paddles and other sea kayaking specific equipment along with boats. The rental of these items is already included in your tuition. You may want to bring the following items yourself and may also be able to use them on other water sections. **Rental prices indicated below are for this section only.**

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Waterproof Paddle Jacket Or Rain Jacket	\$15	\$100	1	A waterproof nylon jacket with neoprene seals on cuffs and collars. For canoeing and sea kayak section. (*A rain jacket can be used instead of a paddling jacket for sea kayaking during bad weather. These are not as good for practising technical skills such as wet exits and rolling. Depending on your sea kayak route, a paddle jacket may be mandatory.)	
Hydroskin or Neoprene top (Optional)	\$25	N.A.	1 (Optional)	A light or mid- weight neoprene top for use while practising wet exits, rescues, rolling or to wear while paddling in cold weather.	
River Sandals	Must Bring	Must Bring	1 pair	Chaco or Teva type sandals are popular for wearing around camp instead of camp shoes but they aren't acceptable for hiking in.	
Boating shoes	Must bring	Must bring	1 pair	Closed toed shoes that can stay on in the ocean and can be used for hiking in. A sturdy old pair of running shoes would work or a specialised closed toed boating shoe (such as the Keen Hood River boot or Newport H2 or Teva Proton or Helm).	
Hydroskin or Neoprene Pants (Optional)	\$25	N.A.	1 (Optional)	A light-mid weight neoprene top worn paddling on wet cold days, useful for practising wet exits, rolling and rescues.	
Rubber Boots (Optional)	\$7	N.A.	1 pair (Optional)	Useful for camping on shore when it is raining. Check that they don't leak by standing in them in the bath.	



Sea Kayak Section (Continued)

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Neoprene socks (Optional)	\$12	\$30	1 pair (Optional)	Used in conjunction with boating shoes to keep feet warm when wet.	
Dry Bag	\$8	\$35	1	10-15L dry bag to keep accessible items (camera, sunblock, camera) in your sea kayak cockpit.	
Zip Bag or Stuff sacks	\$6	\$20-40	2-3	20-30L bags to store you gear in inside your kayak (these get lined with plastic trash bags to keep things dry).	
Boat Bag	\$8	\$50	1	Huge 120 L zip bag to keep all your gear organised in. We recommend you rent ours.	
Neoprene gloves or Paddling Pogies (Optional)	Pogies \$8 Neoprene Gloves \$8	\$30	1 pair (Optional)	Useful especially if your hands get cold easily. Neoprene gloves should not be too tight, as this will make your hands colder.	
Rain hat (Optional)	\$14	N.A.	1 (Optional)	Waterproof rain hat. Useful for kayaking in the rain especially if you are using a paddle jacket (rather than a rain jacket with a hood). A “Sou-wester” type plastic rain hat or an OR “Seattle Sombrero” rain hat would work well here.	
Buoyancy vest - PFD	\$20	N.A.	1	Kayaking buoyancy vest, must meet US Coastguard Type III standards.	

Canoeing Section

NOLS provides paddles, helmets, and other canoeing specific equipment, however you will need to plan on renting or bringing the following. **Rental prices indicated below are for this section only.**

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Waterproof Paddle Jacket	\$15	\$100	1	A waterproof nylon jacket with neoprene seals on cuffs and collars. For canoeing and sea kayak section.	
Paddle Pants	\$15	\$60	1	Waterproof nylon pants to wear over neoprene bottoms to protect them and to add warmth.	
Hydro skin or neoprene Bottoms	\$25	N.A.	1	A warm when wet layer for when in the water. Lt-Mid weight neoprene wet-suit farmer johns also work.	
Hydro skin or neoprene Top	\$25	N.A.	1	A warm when wet layer for when in the water. Lt-Mid weight neoprene top, which allows freedom of movement, would also work.	
Skull Cap	\$8	N.A.	1	To keep your head warm when in the water, and needs to be worn under a helmet.	
Neoprene Gloves	\$8	\$30	1 pair	To keep your hands warm on cold days, make sure these are not too tight.	
Neoprene Socks (Optional)	\$12	\$30	1 pair (Optional)	Used in conjunction with boating shoes to keep feet warm when wet.	
River sandals	Must Bring	Must Bring	1 pair	Chaco or Teva type sandals are popular for wearing around camp instead of camp shoes but they aren't acceptable for hiking in.	
Boating shoes	Must Bring	Must Bring	1 pair	Closed toed shoes that can stay on in the river and can be used for hiking in. A sturdy old pair of running shoes would work or a specialised closed toed boating shoe (such as the Keen Hood River boot or Newport H2 or Teva Proton or Helm).	



Canoeing Section (Continued)					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Rubber Boots (Optional)	\$7	\$35	1 pair (Optional)	Used when canoeing in cold weather or on shore when it is raining. Check that they don't leak by standing in them in the bath.	
Day Dry Bag	\$10	\$55	1	20-30L dry bag for carrying accessible items in a canoe – extra layers, camera etc. We recommend you rent ours.	
Compression Day Pack	\$20	\$70	1	Compressible day-pack which can double as a sleeping bag compression sack. Used for day hikes.	
Accessory Carabiners (Optional)	Bring if you want it	\$12	1-2 (Optional)	Useful for clipping water bottles and camera cases into the canoe.	
Bills Bag	\$27	N.A.	1	Monster 110L dry bag with carrying straps for storing all your personal gear in the canoe. We recommend you rent ours.	
Buoyancy vest - PFD	\$20	N.A.	1	Kayaking buoyancy vest, must meet US Coastguard Type III standards.	

Mountaineering Section					
<p>Almost all of the equipment you will need for Mountaineering you will have brought for other sections, however you should carefully check the boot section below, as you will need stiffer boots than what is acceptable on hiking sections. You can use your Mountaineering boots on your hiking section if they are not plastic. Rental prices indicated below are for this section only.</p>					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Mountaineering Boots	Must Bring	Must Bring	1 pair	<p>Heavy-duty hiking/leather mountaineering boots will suffice here and <u>can</u> be used for the hiking sections also. Plastic mountaineering boots are acceptable however they cannot be used for the hiking section and much of the mountaineering section could involve long approaches below snow line, in which case leather boots will be more comfortable. The type of boot you will need is described below:</p> <p>Heavyweight, off-trail hiking/mountaineering boots: This type of boot is what many people consider to be the "classic" mountaineering boot. The boots are typically constructed with a stiff, full-grain leather upper sewn onto a deep lugged Vibram rubber sole with a Norwegian welt, characterized by 2 or 3 rows of stitching along the top edge of the Vibram sole. Some of the newer designs in this category have a rubber rand around the base of the leather upper. These boots are initially quite stiff, with very little, if any, flex in the sole. Most of these boots have a ridge or shelf on the sole to accept a crampon. Boots in this category include, but are not limited to, the following:</p> <p>Asolo: Titan GV, Route GV La Sportiva: Glacier, Makalu, Trango S EVO GTX Montrail: Olympus, Lotus GTX Raichle: All-degree Lite, High Scarpa: Freny XT GTX, Manta Vasque: Alpine GTX, Summit GTX, Mountaineering Alpine LT GTX</p>	

Mountaineering Section (Continued)

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Mitten Shells	\$12	\$30-\$50	1 pair	Nylon or Gore-Tex shells to cover your gloves while working in the snow. Modular glove or mitten systems will work well and substitute for mitten shells and one hand layer. Note that most of these shells (including the ones NOLS rents) are <i>not waterproof</i> , they are merely designed to stop wind and keep snow from adhering to gloves or mittens.	
Extra Gloves/Mittens	N.A.	\$15-25	1	Because you are likely to be spending more time in the snow, an extra pair of mittens, or warm gloves, are required in addition to those you need to bring for hiking.	
Avalanche Transceiver	\$30	NA	1	457 khz avalanche transceiver with a search function. NOLS rents out Backcountry Access Tracker transceivers. If you have a transceiver, feel free to bring it but do not buy one especially for this course.	
Helmet	No charge	NA	Provided	Lightweight adjustable mountaineering helmet, UIAA approved, must be in good condition. Your instructors will examine it and decide if it is adequate.	
Harness	\$12	\$35-120	1	NOLS issues and rents Black Diamond Alpine Bod seat harnesses. If you have a high quality seat harness with adjustable leg loops that you think is appropriate, bring it along. Your instructors will examine it and decide if it is adequate.	
Ice Axe	\$12	\$70-100	1	60 to 70cm mountaineering ice axe suitable for steep snow.	

Sailing Section

Almost all of the equipment you will need for coastal cruising you will have brought for other sections. However, here are some suggested additions. **Rental prices indicated below are for this section only.**

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Rubber Boots	\$7	\$35	1 pair	Used when sailing in cold weather or on shore when it is raining. Check that they don't leak by standing in them in the bath.	
Zip Bag or Stuff sacks	\$8	\$20-40	2-3	20-30L bags to store you gear in inside the sailboat.	
Boat Bag	\$8	\$50	1	Huge 120 L zip bag to keep all your gear organized in, we recommend you rent ours.	
Rain Hat (Optional)	\$14	\$45	1 (Optional)	Waterproof rain hat. Useful for sailing in the rain. A "Sou-wester" type plastic rain hat or an OR "Seattle Sombrero" rain hat would work well here.	

Miscellaneous Items

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Hiking Maps	Purchase Only	\$8	3-8	New Zealand topographic maps specific to your course hiking area.	
Hiking Compass	\$15	NA	1	Compass with backsight weighted for use in the southern hemisphere (a standard northern hemisphere compass sold in the U.S. will not work accurately in New Zealand).	



Miscellaneous Items (Continued)

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Insulated Mug	Purchase Only	\$8- \$16	1	12 to 20 oz. insulated mugs with lids are preferred.	
Bowl	Purchase Only	\$5	1	A bowl with a snap-on lid is recommended. Re-sealable Tupperware ® or Rubbermaid ® containers work well.	
Spoon	Purchase Only	\$1.50	1	Lexan spoons are light, durable and popular.	
Water Bottle/Drinking System	Purchase Only	\$15- \$55	1 or 2 (Need 2 L Capacity)	Wide mouth (16 oz, 32 oz ,48 oz size). Some people prefer to take a 32 oz and 16 oz bottle, using the smaller bottle for their mug. MSR Hydromedary drinking systems work well also and we encourage you to bring one if you have it. <i>With drinking systems, note that plastic or rubber bladders have a habit of leaking if unprotected so if you are planning on buying one look for one with a durable or protected water bag.</i>	
Pocket Knife	Purchase Only	\$40	1	Small and lightweight with no more than a 3 inch blade. Useful for all sorts of tasks and projects, we recommend you bring a small lightweight one.	
Lip Balm	Purchase Only	\$3	1-2	1 or 2 stick, cream or tube type moisturizing balm with sun protection factor SPF15 or greater.	
Sunscreen	Purchase Only	\$7-\$10	6	3-6 ounce tube with a Sun Protection Factor of 15 or greater. Fair skinned people may need total sun block like zinc oxide. 6 tubes are necessary for 64-days outdoors.	
Sunglasses	Purchase Only	\$38-\$65	1 pair	Lenses should be dark and 100% UV resistant. Glasses can be wrap around style or good quality sunglasses. We suggest a sturdy case. Julbo, Vuarnet, Bolle, and Bausch & Lomb are good brands.	
Sunglass Retainers	Purchase Only	\$6	1	Chums ® or Croakies ® for your glasses or sunglasses. Useful on all sections. Necessary on canoe and sea kayak section.	
Prescription Glasses And Contact Lenses	Must Bring	Must Bring	1	Bring spare glasses or contact lenses. Contact lens wearers should consider bringing a pair of glasses as backup.	
Head-Lamp	Purchase Only	\$40- \$60	1	Should be durable and lightweight. Lightweight LED lamps made by companies such as Petzl, Black Diamond, Princeton Tech or similar are recommended. Headlamps with adjustable light strengths are recommended as they allow better battery efficiency.	
Batteries	Purchase Only	\$1.50 each	3-6 sets	We have AA and AAA batteries for sale. Used for headlamps and digital cameras.	
Disposable Lighters	Purchase Only	\$2	1	Used to light your camp stoves.	
Personal Hygiene Articles	Must Bring	Must Bring	1 set	Bring travel or trial size toothpaste and skin lotion, Toothbrush, floss, and comb or brush. In the field you'll want to keep toiletries to a minimum to reduce weight.	
Female Hygiene	Must Bring	Must Bring	1 set	Bring adequate tampons or pads for your regular menstrual cycle.	
Notebook	Purchase Only	\$1	1	A small, lightweight pad is fine. Stenographer notebook will work also.	
Pen and Pencil	Purchase Only	\$.60	3	2 black pens and a pencil for taking notes and writing in your journal.	

Miscellaneous Items (Continued)					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Watch	Must Bring	Must Bring	1	A reliable watch with an alarm and a light is essential.	
Insect Repellent	Purchase Only	\$12	1	A small 2-4oz bottle or tube. No aerosol spray cans. Insect repellents that contain at least 20% DEET have been found to be effective against sandflies but headnets, long sleeved tops and pants along with liner gloves are the most effective.	
Medications	Must Bring	Must Bring	1	Bring any necessary medications or dietary supplements. If they are critical (i.e. bee or wasp sting allergy kits) bring an emergency backup supply. You'll need to inform admissions and your instructions if you have medications you wish to bring on your course.	

Optional Items					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Trekking Poles (Optional)	Purchase Only	\$80	1 (Optional)	<u>Highly recommended</u> if you like to use a ski pole while you hike or if you suffer from knee pain. It should be a sturdy 2-3 section collapsible pole for ease of packing.	
Camera and Film (Optional)	Bring if you want it	Bring if you want it	1 (Optional)	Lightweight, 35 mm or digital compact cameras are sufficient; bring a protective case. Waterproof cases recommended. No heavy lenses and elaborate set-ups. Remember to bring enough film or digital storage for 64 days. There are no opportunities to recharge cameras while in the field so choose those with disposal batteries or bring extra rechargeable batteries.	
Waterproof Dry Box /Bag (Optional)	Purchase Only	\$20-40 (Optional)	1 (Optional)	If you have anything particularly valuable i.e. expensive camera, you may want to bring a special dry box or bag to store it in. These should be small and compact to allow easy packing.	
Binoculars (Optional)	Bring if you want it	Bring if you want it	1 (Optional)	Good for wildlife spotting. The best are those that are lightweight and water resistant.	
Water Filter (Optional)	Bring if you want it	Bring if you want it	1 (Optional)	NOLS supplies Potable Aqua tablets (hydroperiodide) or Aqua Mira (Chlorine based) for backcountry water purification. Only bring your own water filter if you are sensitive to iodine or chlorine. (The PUR Scout or Hiker, or the Sweetwater Guardian are good.)	
Coffee/Herbal tea (Optional)	Purchase Only	\$10-\$12	1 (Optional)	Bring if you enjoy specialty coffee for yourself in the morning. Coffee is not in the NOLS standard ration.	
Phone Card (Optional)	Bring if you want it	Bring if you want it	(Optional)	We recommend a phone card that can be used to call home from a NZ payphone. There are calling cards available in Christchurch, these can be purchased at your accommodation or in town. Check and compare rates and conditions and ask to ensure they can actually be used in pay phones.	
Envelopes (Optional)	Purchase Only	\$2	(Optional)	Many students like to send mail home at resupplies or switches.	

Optional Items (Continued)

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Stamps (Optional)	Purchase Only	\$1.80-\$2.30	(Optional)	Letters to the US or Europe require a \$2 stamp, while postcards require a \$1.50 stamp	
Vitamins (Optional)	Bring if you want it	Bring if you want it	(Optional)	A multiple vitamin to supplement the diet is preferred by some.	
Therma Lounger (Optional)	Bring if you want it	Bring if you want it	1 (Optional)	Makes 3/4 or full length Therm-A-Rest® into a chair. Great for taking notes during classes. A Crazy Creek style chair can also be used. Due to weight limitations you may be asked not to bring this hiking or mountaineering.	
Reading Book (Optional)	Bring if you want it	Bring if you want it	1-2 (Optional)	Bring lightweight paperbacks only.	

Travel & In-Town Clothing and Documents

You will need some clothes to wear in town, during the cultural section or on the bus between sections and when travelling to and from New Zealand. These should be separate from any clothes that you take with you on any field sections. You will want to have 2-3 days of clean casual “in-town” clothes –especially t-shirts and underwear. Try to keep this extra luggage to a minimum, as storage space is limited. Some important documents to have are also listed below.

Equipment	Quantity	Comments	Check List
Clean underwear	2-3 sets	While you don't necessarily need them in the field, it is nice to come back to a clean pair and good to wear during the cultural section	
Shoes	1 pair	A decent pair for wearing in town	
Shorts	1 pair	For wearing in town during the NZ summer	
Cotton pants / Skirts	1 pair	For wearing in town	
T-Shirts/shirts	3	For wearing in town. Collared shirt for going out.	
Valuables	NA	Plane tickets, valid passport, credit cards, travellers checks, and proof of funds (See travel and logistics)	
Photocopies	NA	Of passport, credit cards.	
Books/Pod/MP3	NA	A book, magazine, guidebook or music for your flights	

Group Gear

Expedition members share both the use of and the responsibility for the group gear that NOLS issues. NOLS charges for group equipment that gets lost or damaged. NOLS evaluates gear from a number of perspectives beyond those that an individual user might consider. Institutional performance, durability, and simplicity are all factors we consider when we select our gear. We anticipate general wear and tear, but hold users responsible for misuse or loss of group gear. This includes but is not limited to: tents, fishing gear, canoes and accessories, camp stoves, library books, sea kayaks and accessories, cooking gear, spice kits, shovels, repair kits, sailing yachts, fuel bottles, first-aid kits, climbing ropes and gear.

First Aid

Our instructors carry adequate first aid kits. There is no need to bring your own.



EQUIPMENT CHARGES WORKSHEET

An equipment deposit is required of each student to cover the average cost of equipment rental and cleaning. (See your account statement for the amount.) 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 totalled at the end of your semester 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 over your equipment deposit, please make arrangements for payment on the final day of your course.

TO ESTIMATE YOUR EQUIPMENT FEES FOR YOUR NOLS COURSE:

1.Total equipment rental charges from NOLS (estimated from the checklist)		\$ _____
2.Total equipment 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 (depends on your course type)	-	\$ _____
5.Subtract line 4 from line 3: This is your FINAL ESTIMATED BALANCE.	=	\$ _____

