

E Q U I P M E N T L I S T

British Columbia Coastal Sailing

Welcome to NOLS!

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

This list is designed to assist you in deciding what to bring. The gear listed generally gets taken on these trips. There is also a list of optional items some people choose to bring.

We can provide you with all of the equipment on this list, other than those items designated as Must Bring. You are not obligated to purchase or rent gear from us. We recommend that you only bring gear that you already own or that you can obtain inexpensively. On the first day you will sit down with one of your instructors and look at each of the items you brought. If the item meets our standards, you can bring it on your trip. You may store any excess gear at our headquarters.

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 purchase gear, you will have a better understanding of your future needs after the course. Even if your equipment is appropriate, it will receive lots of hard use. Students are often surprised at the amount of wear that is put on their personal gear in a short period of time.

The availability of each item is indicated as follows:

Purchase Only- Indicates that the item is available from NOLS, but for PURCHASE ONLY.
Must Bring - Indicates that the item is NOT AVAILABLE from NOLS.

In addition to your course tuition, you have been billed \$150 as an equipment rental deposit fee. This deposit fee will be applied directly to the charges you incur for equipment rental, cleaning, purchase of personal items, and any loss or damage to our gear. Total charges will vary depending upon the amount of equipment that you rent or purchase from us. The course rental and purchase prices located in the gear checklist will allow you to estimate your charges. If your bill is less than the \$150 deposit fee, the difference will be refunded to you by mail. If you think that your bill may exceed the deposit fee, please bring cash, travelers' checks, personal check, Visa or MasterCard to cover the excess.

If you have any questions, or if you would like more information regarding any of the items in the Equipment List, please contact the Pacific Northwest Branch outfitting staff at (360) 445-6657; E-mail: pnw_outfitting@nols.edu; or visit our web site at <http://www.nols.edu>. You can also write to us at NOLS PNW Outfitting, P.O. Box 527, Conway, WA 98238.



Upper Body Layers

You'll need a T-shirt, 3 insulating layers, plus a wind proof and a rain proof 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 warm hat layers are also recommended.

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
T-Shirt	Purchase Only	\$13.50-\$23	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 Poly Pro)	Purchase Only	\$22-\$55	1	Light-weight or mid-weight crew or zip turtleneck top of polyester, Capilene®, or Polartec Power Dry.	
Mid-Layer (Expedition Weight)	Purchase Only	\$40-\$65	1	Expedition-weight crew or zip turtleneck top of polyester fleece or stretch polartec, Capilene®, medium-weight wool sweater or shirt.	
Top Insulating Layer (Fleece or insulated Jacket)	\$10	\$60-\$105	1	A heavyweight, full length zip fleece jacket of Polartec® 200 or 300 or insulating jacket that is light-weight such as the Mountain Hardware Chugach, Tempest jacket or Patagonia Puffball. We rent Snow Creek insulated jackets. Insulated jacket preferred.	
Fleece or Insulated Vest	\$8	\$45	1	A polyester fleece vest of Polartec® 200 or a synthetic filled vest. This is an <u>optional layer</u> for individuals who find that they get cold easily, or for adjusting your layers.	
Wind Shirt	\$9	\$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. Gore-Tex® wind gear is acceptable and can act as a foul weather jacket as well.	

Lower Body Layers

You'll need underwear, 2 lower insulating layers plus a wind layer, which must fit comfortably over each other so they can all be worn at the same time. If you get cold easily, bring fleece pants for the second layer.

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Women: Underwear/ Sports Bras Men: Boxers	Purchase Only	\$16-\$27	2 pairs	Women's briefs and sports bras and men's briefs or boxers in Capilene®, coolmax or silk are recommended. Women's briefs in cotton will work.	
Hiking Shorts	Purchase Only	\$15-\$30	1 pair	Optional. Loose fitting nylon athletic or river shorts. No cotton.	
Base Layer (mid-weight poly pro)	Purchase Only	\$22-\$55	1 pair	Light or mid-weight bottoms of high performance polyester, Capilene®, Smartwool or Polartec Power Dry. Cotton and cotton blends are not acceptable.	

Lower Body Layers					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Mid-Layer (expedition-weight) or Fleece Pants	Purchase Only (Fleece Pants \$9)	\$30-\$44 (Fleece Pants \$45-\$58)	1 pair	Expedition-weight bottoms of polartec fleece or stretch capilene® or fleece pants of Polartec® 200 or equivalent. Side zippers make them easier to put on over boots. Bring fleece pants as your preferred second layer if you get cold easily.	
Wind Pants	\$9	\$55	1 pair	Breathable nylon wind pants that are roomy enough to fit over all lower body garments. Gore-Tex® wind pants are acceptable and can double as foul weather pants. 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.	

Head, Neck and Hands Layers					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Liner Gloves	Purchase Only	\$8.75-\$15	1 pair	Ragg wool or poly pro liner gloves for sun protection.	
Mitten Shells w/liners	\$7.50	\$72	1 pair	<u>Optional.</u> Nylon shells that cover your mittens. Gore-Tex is acceptable. Modular glove and mitten systems work well. We rent Outdoor Research™ Glacier Mitts.	
Baseball Cap or Felt Hat	Purchase Only	\$18.25	1	Necessary for sun protection of your face and ears. Outdoor Research Sombrero or safari cap would work well. We sell NOLS baseball caps.	
Wool or Fleece Hat or Neckwarmer	Purchase Only	\$16-\$20 \$8.50	1	A warm hat made of wool or fleece. If you are using a hat instead of a balaclava, we recommend that you bring a fleece neck gaiter for extra insulation.	
Balaclava	\$4.25	\$14	1	Pile balaclavas provide protection and insulation under severe conditions and provide excellent insulation when in the sleeping bag. Optional	
Town Clothes	Must Bring	Must Bring	1 set	You need a set of clothing to wear when you go to town. These are separate from any clothes you take with you into the field.	



Sleeping Gear

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Sleeping Bag	\$25	\$155-\$175	1	We recommend synthetic-insulated bags for their durability and ease of care in the variety of conditions we encounter on courses. A bag with approximately 3 pounds of fill (rated to 0° or 10° F) is required. Down or feather-filled bags are not suitable for the wet conditions commonly encountered on NOLS Pacific Northwest courses.	
Compression Stuff Sack	\$6	\$25-\$30	1	Large compression stuff sacks are required.	

Packing for sailboats: You will have a sleeping bag in your compression stuff sack, a zip bag with your personal clothes, a zip bag with your foul-weather gear, and a PFD and a day pack. Space is limited on a sailboat.

Backpack and Storage Bags

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Summit Day Pack	\$5	\$50	1	Should be 3000-3500 cubic inches capacity.	
Zip Bags	\$4	\$12.50	2	Two large-size 12"x24" zippered nylon bags used as clothing and storage bags for foul weather gear.	

Sailing

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Foul Weather Jacket	\$20	\$160	1	A heavy duty, offshore-weight waterproof jacket (PVC or similar material), fully lined.	
Foul Weather Bibs	\$20	\$125	1	Heavy duty, offshore weight waterproof bibs (PVC or similar material).	
Deck Shoes	Must Bring	Must Bring	1 pair	Boat shoes with a good razor-slit, non-skid, non-marking sole. This will be your only shoe on the sailboat. If you have non-marking sneakers, those can work.	
Personal Floatation Device (PFD)	NA	\$55	1	A class III vest with a whistle.	
Rubber Gloves	Must Bring	Must Bring	1 pair	Rubber garden gloves or rubber dishwashing gloves work. Needs to fit over liner gloves.	
Souwester	\$4	\$12.50	1	Commercial fishing hat.	
Deck Boots	\$9	\$45	1 pair	16". Mid-calf, yachting boot with a very good razor-slit non-skid sole. Used getting off sail boat to shore in dingy.	
Socks	Purchase Only	\$10- \$15	3-4 pairs	Crew length. Socks must be heavy wool or wool/polypropylene blend. Thorlo® and Smartwool® are good choices. You will wear 1-2 pairs of socks in your deck boots.	



Miscellaneous Items					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Eating Utensils					
Insulated Mug	Purchase Only	\$4-\$4.95	1	12 oz. to 20 oz. insulated mugs with lids are preferred. Many staff use a 16 oz. lexan waterbottle for their mug.	
Hydration System	Purchase Only	\$4.65-\$7.25	1	One water container is required and needs to be a 32 oz. or larger water bottle. You can bring a Platypus, Camelbak or Hydromedary™ bag.	
Thermos	Purchase Only	\$21.50	1	A 1 or 2-quart vacuum bottle is recommended but optional.	
Miscellaneous					
Lip Balm	Purchase Only	\$2	1	You must have sun protection factor SPF15 or greater.	
Sunscreen	Purchase Only	\$3.50-\$5.50	1	3-6 ounce tube with a Sun Protection factor SPF15 or greater. Fair skinned people may need total sun block like zinc oxide, which can be purchased in the baby section of any drugstore.	
Sunglasses	Purchase Only	\$32.50-\$41.50	1 pair	Lenses should be dark and 100% UV resistant. Glasses can be wrap around style or good quality sunglasses with side shields. You need a sturdy case. If you have prescription lenses and have limited visibility without them, bring your own prescription glasses or look for a good quality polarized clip-on. We sell Optic Nerve sunglasses.	
Bandannas	Purchase Only	\$2	1	<u>Optional.</u> Useful for a variety of purposes.	
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.	
Head-Lamp/Flashlight	Purchase Only	\$16-\$38.50	1	Durable and lightweight. Head lamps are popular. Bring spare batteries. If you bring a flashlight, we recommend bringing an attachment headband with it.	
Batteries	Purchase Only	\$0.85-\$6.65	1 set	We have AA, AAA and 4.5 volt batteries for sale.	
Disposable Lighters	Purchase Only	\$1.00	1	They are used to light the stove.	
Personal Hygiene Articles	Must Bring	Must Bring	1	Bring travel or trial sizes toothpaste and skin lotion, toothbrush, comb or brush, shampoo, soap, and plenty of tampons.	



Miscellaneous Items (Continued)

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Notepad and Pencil/Pen	Purchase Only	\$2-\$8 \$0.25-.50	1	A small, lightweight pad is fine. Steno notebooks work well.	
Watch	Must Bring	Must Bring	1	Water-resistant. An alarm and a light feature are helpful.	
Insect Repellent	Purchase Only	\$5	1	A small bottle or tube. No aerosol spray cans.	
Sunglass Retainers	Purchase Only	\$5	1	Chums® or Croakies® for your glasses or sunglasses.	
Camera and Film	Must Bring	Must Bring	1	Lightweight, 35 mm compact cameras are sufficient; bring a protective case. No heavy lenses and elaborate set-ups.	

Remember to bring a passport OR driver's license and birth certificate for courses going to Canada.

Optional Items

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Water Filter	Must Bring	Must Bring	1	NOLS supplies Potable Aqua tablets (hydroperiodide) or Aqua Mira for backcountry water purification. If you are sensitive to iodine or chlorine you must bring your own water filter such as the PUR Scout or Hiker, or the SWEETWATER Guardian.	
Coffee	Must Bring	Must Bring	1	Bring if you enjoy specialty coffee for yourself in the morning. Coffee is not in the NOLS ration but can be purchased at NOLS.	
Vitamins	Must Bring	Must Bring	1	Some bring a multiple vitamin to supplement the diet.	
Knife	Must Bring	Must Bring	1	Bring a small folding knife.	
Binoculars	Must Bring	Must Bring	1	Small travel binoculars.	



Group Gear

Expedition members share both the use of and the 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 those that an individual user might consider. Performance, durability, and simplicity are all factors we consider when we select our gear.

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|-----------------------------------------------------------|-----------------|
| Harnesses | Repair Kits |
| Charts | Potable Aqua |
| Books | First Aid Kits |
| Compasses | All Boat Tackle |
| Cooking Gear/Spice Kits | Towels |
| Fishing Gear (Fly Rods and Reels, and appropriate tackle) | |

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. 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 your semester course. Those of you who spend less than your deposit will be refunded by mail. If you anticipate a balance over your equipment deposit, please make arrangements for payment on the final day of your course. Acceptable payment methods are cash, personal checks, travelers checks, VISA, or Mastercard.

TO ESTIMATE YOUR EQUIPMENT FEES FOR YOUR NOLS COURSE:

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|--------------------------------------------------------------------------------------------------|---|--|----------|
| 1. Total equipment rental charges from NOLS
(Listed rental prices are for the entire course.) | | | \$ _____ |
| 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. | = | | \$ _____ |

