

Equipment List

Semester In The Pacific Northwest

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

Reading this list will assist you in deciding what to bring. The gear listed generally gets taken on this course; the actual gear required may vary slightly with course route, curriculum goals, seasonal weather conditions, and instructor preference. Please try to avoid bringing anything that is not on this list. Remember that you will be carrying all your gear and that extra items affect pack volume and weight.

We can provide you with all of the equipment on this list, other than those items designated as “Must Bring.” We recommend that you only bring gear that you already own or can obtain inexpensively. On the first day you will meet with one of your instructors to review each item you bring from home. If your gear meets our standards, you can use it on your course. If not, you may store any excess gear at our headquarters while you are on course.

While you are not obligated 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 your NOLS semester. Finally, even if your equipment is appropriate, it will receive a lot of hard use. Students are often surprised at the amount of wear put on their personal gear during a semester.

The availability of each item is indicated as follows:

Available at NOLS – Indicates that the item is available from NOLS, but for PURCHASE ONLY.

Must Bring - Indicates that the item is NOT AVAILABLE from NOLS.

Rental Only - Indicates that the item is available to rent from NOLS, and can be purchased at the end of your course (the rental price will be applied to the purchase price).

Rental prices are per week. Purchase prices listed are for new gear. **ALL PRICES ARE SUBJECT TO CHANGE.** The rental and purchase prices located in the gear checklist will allow you to estimate your charges; final charges will vary depending on the amount of equipment that you rent or purchase from us. You have been charged an equipment rental deposit in addition to tuition. This deposit will be applied to the charges you incur for equipment rental, cleaning, purchase, and any loss or damage to our gear. If your bill is less than the deposit fee, the difference will be refunded to you by mail.

If you have any questions, or if you would like more information regarding any of the items in the equipment list, please contact the NOLS Pacific Northwest 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

NOLS uses a layering system where varying pieces of clothing are worn to achieve optimum body temperature control. The upper body garments listed here are either synthetic garments which retain their insulating properties even when wet, or nylon or Gore-Tex® layers which help prevent heat loss by cutting wind, rain and snow. You will need **3 insulating layers**, plus a wind and a rain layer. All must fit comfortably over each other so they can all be worn at the same time. Your top insulating layers must be fleece made of Polartec® 300 or an insulated jacket with a zipper.

| Equipment | Rental Price | Purchase Price | Quantity | Comments | Check List |
|---|-------------------|----------------|----------|--|------------|
| T-Shirt | Available at NOLS | \$28-\$30 | 1 | We recommend Capilene or other synthetic shirts since they dry fast. This is not one of your insulating layers. No cotton. | |
| Base Layer (Mid-Weight Synthetic) | Available at NOLS | \$23-\$52 | 1 | Lightweight or mid-weight crew or zip turtleneck top of polyester, Capilene, or Polartec Power Dry. | |
| Mid-Layer (Expedition Weight) | Available at NOLS | \$48-\$78 | 1 | Expedition-weight crew or zip turtleneck top of polyester or Capilene. | |
| Top Insulating Layer (Fleece or Insulated Jacket) | \$8 | \$65-\$190 | 1 | A heavyweight, full-length zip fleece jacket of Polartec 200 or 300 or an insulating jacket that is lightweight, such as the Mountain Hardware Compressor or the Patagonia Mircopuff. Insulated jackets are preferred. | |
| Wind Shirt | \$5 | \$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. | |
| Rain Jacket | Available at NOLS | \$120-\$150 | 1 | A sturdy, roomy waterproof jacket with a hood. Must be large enough to fit over all the insulating layers. Breathable fabric such as Gore-Tex and H2NO are preferable, and can work as both a wind and rain layer. | |

Our advice? Bring the jackets and other layers you think might work. We'll advise you on the best combination for your course, the season and area.

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.

| Equipment | Rental Price | Purchase Price | Quantity | Comments | Check List |
|---|-------------------|----------------|----------|--|------------|
| Women: Underwear/ Sports Bras Men: Boxers | Available at NOLS | \$18-\$36 | 3 | Women's briefs and sports bras and men's briefs or boxers in Capilene, polypro, or silk are recommended. Women's briefs in cotton will work. | |
| Hiking Shorts | Available at NOLS | \$36-\$45 | 1 | Loose fitting nylon athletic or hiking shorts. No cotton. | |
| Base Layer (Mid-Weight Synthetic) | Available at NOLS | \$22- \$44 | 2 | Light or mid-weight bottoms of high performance polyester, Capilene, polypro, or wool. | |
| Mid-Layer (Expedition Weight Fleece Pants) | \$5 | \$33-\$53 | 1 | Expedition-weight bottoms of fleece (200 weight or greater) or synthetic puffy pants. | |



| Lower Body Layers (Continued) | | | | | |
|-------------------------------|-------------------|----------------|----------|--|------------|
| Equipment | Rental Price | Purchase Price | Quantity | Comments | Check List |
| Wind Pants | \$5 | \$55 | 1 | Breathable nylon pants that are roomy enough to fit over all lower body garments. Zippered legs will help you slip your pants on over 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. Our wind-pants hold up well to the rigors of a NOLS course. | |
| Rain Pants | Available at NOLS | \$60-\$125 | 1 | Waterproof/breathable 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. | |

| Head, Neck & Hand Layers | | | | | |
|--------------------------|-------------------|----------------|------------|---|------------|
| Equipment | Rental Price | Purchase Price | Quantity | Comments | Check List |
| Liner Gloves | Available at NOLS | \$10-\$23 | 1 - 2 pair | Fleece, wool, or poly pro liner gloves for protection and for cold hiking days. | |
| Mitten Shells w/ Liners | \$4 | \$99 | 1 pair | Nylon shells to cover your mittens and/or gloves. Gore-Tex is acceptable. We rent Outdoor Research Cornice Mitts with liners. | |
| Baseball Cap or Sun Hat | Available at NOLS | \$18.25 | 1 | Necessary to protect your face and ears from sun. | |
| Wool or Fleece Hat | Available at NOLS | \$23-\$30 | 1 | A warm hat made of wool or fleece. | |
| Balaclava or Neck Warmer | \$1 | \$20 | 1 | Synthetic balaclavas provide protection and insulation under severe conditions and while in your sleeping bag. | |

| Between Sections | | | | | |
|------------------|--------------|----------------|----------|---|------------|
| Equipment | Rental Price | Purchase Price | Quantity | Comments | Check List |
| Cotton Clothing | Must Bring | Must Bring | 2 sets | You will need some clothes to wear between sections and when going into town, to visit museums, science centers, etc. These should be separate from any clothes that you take with you on any field sections. | |

| Sleeping Gear | | | | | |
|---------------|--------------|----------------|----------|--|------------|
| Equipment | Rental Price | Purchase Price | Quantity | Comments | Check List |
| Sleeping Bag | \$10 | \$175-\$195 | 1 | We recommend synthetic-insulated mummy bags approximately rated 0°F. Down or feather-filled bags are not suitable for the wet conditions sometimes encountered in the Northwest. | |



| Sleeping Gear (Continued) | | | | | |
|--|--------------|----------------|----------|--|------------|
| Equipment | Rental Price | Purchase Price | Quantity | Comments | Check List |
| Compression Stuff Sack | \$2 | \$20-\$30 | 1 | Large compression stuff sack for your sleeping bag. | |
| Sleeping Pad/Therm-A-Rest® | \$2 | \$18-\$120 | 1 | We rent full-length closed cell foam pads to insulate and pad beneath your sleeping bag. We sell Therm-A-Rest style full- and ¾-length pads. | |
| Sleeping Pad Stuff Sack (optional) | \$1 | \$14 | 1 | A nylon storage bag, used 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. | | | | | |

| Backpack and Storage Bags | | | | | |
|--|-------------------|----------------|----------|---|------------|
| Equipment | Rental Price | Purchase Price | Quantity | Comments | Check List |
| Small Stuff Sacks | \$.50 | \$5-\$11 | 2 or 3 | Small lightweight nylon or mesh bags for organizing items in your pack. | |
| Plastic Trash Bags | Available at NOLS | \$1-\$2 | 2 | Heavy-duty lawn and garden bags; a 2 mil/33 gallon bag for waterproofing your sleeping bag and a 3 mil contractor cleanup bag for waterproofing your backpack. | |
| Backpack | \$20 | \$344-\$455 | 1 | We rent Lowe Alpine, Deuter, Dana Design, and Osprey internal frame packs. If you decide to purchase an internal frame pack we recommend the Deuter 90+10, Dana Design Astraplane, Mystery Ranch G Series, Gregory Denali, Osprey or any other pack of similar quality and capacity. Internal frame packs must have a volume of 6000 – 7000 cubic inches (98 – 115 liters). | |
| Our advice? A backpack 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. | | | | | |

| Rock Climbing Section | | | | | |
|---|--------------|----------------|----------|---|------------|
| Equipment | Rental Price | Purchase Price | Quantity | Comments | Check List |
| Loose Fitting Cotton Pants and T-shirts | Must Bring | Must Bring | 1 | You may bring some comfortable clothes to climb in. Since this is a base camp section, weight and cotton are not as much of a factor. | |
| Helmet | \$2 | \$72 | 21 | An adjustable climbing helmet. | |
| Climbing Pack | \$10 | \$158 | 1 | Needed at climbing camp only. It should have a 3500 cubic inch capacity. | |
| Rock Climbing Shoes | \$10 | \$40-\$138 | 1 pair | Examples are the Scarpa Eclipse, LaSportiva Mythos and La Sportiva Enduro. | |
| Rock Climbing Harness | \$10 | \$89 | 1 | Bring your own personal harness if you own one. We use the Petzl Calidris for our climbing camps. | |

| Mountaineering Gear (Option A) | | | | | |
|--------------------------------|--------------|----------------|----------|---|------------|
| Equipment | Rental Price | Purchase Price | Quantity | Comments | Check List |
| Ice Axe | \$5 | \$75-\$105 | 1 | Ice axe (55 cm to 70 cm) suitable for travel on snow and ice. Personal axes need leashes. | |
| Crampons | \$5 | \$150 | 1 pair | Step- in crampon. | |
| Helmets | \$2 | \$72 | 1 | A lightweight, adjustable climbing helmet. | |
| Backcountry Climbing Harness | \$3 | \$32 | 1 | Lightweight, fully adjustable harness for backcountry use. Adjustable leg loops are recommended for expedition use so the harness can fit over multiple layers of clothing. We rent Black Diamond Alpine Bod harnesses. | |

| Sea Kayaking Gear (Option B) | | | | | |
|----------------------------------|--------------|----------------|----------|---|------------|
| Equipment | Rental Price | Purchase Price | Quantity | Comments | Check List |
| Paddling Jacket | \$12 | \$115 | 1 | A waterproof nylon jacket with neoprene seals on cuffs and collar. | |
| Kayaking Foul Weather Jacket | \$8 | \$25 | 1 | A heavy-duty, waterproof jacket (PVC or similar material). If you have a suitable Gore-tex jacket, bring it. It may be used for both the kayaking/sailing sections. | |
| Kayaking Foul Weather Bibs | \$5 | \$30 | 1 pair | Heavy duty, waterproof bibs (PVC or similar material). Gore-tex pants will also work. | |
| Personal Floatation Device (PFD) | \$6 | \$135 | 1 | A type III vest with whistle designed for kayaking. We use the Lotus Locean and Astral Bouynce Tempo 200. | |
| Paddling Pogies/Gloves | \$4 | \$35 | 1 pair | Made to fit over a kayak paddle, either insulated or non-insulated. We rent neoprene pogies. | |
| Rain Hat / Sou'wester | \$2 | \$10 | 1 | We suggest you wear a Sou'wester-type rain hat even if your foul weather jacket has a hood. | |
| Rubber Boots | \$6 | \$100 | 1 pair | Knee-high, all-rubber boot with a very good tread sole that fits comfortably with 1-2 pairs of socks. We rent Xtratuf boots for exploring beaches and in camp. | |
| Water Shoes | Must Bring | Must Bring | 1 pair | Neoprene shoes with firm rubber soles or Teva- type sandals with a neoprene sock work well for sea kayaking. | |

| Sailing Equipment | | | | | |
|-----------------------------|------|-----------|---|--|--|
| Zip (Duffel) Bags | \$5 | \$10-\$60 | 2 | One small size (9"x 12") and one large size (12"x24") zippered nylon bags used as clothing and storage bags for sailing. | |
| Sailing Foul Weather Jacket | \$13 | \$150 | 1 | A heavy duty, offshore-weight waterproof jacket fully lined. A Gore-tex jacket will Work for sailing. | |

| Sailing Equipment Cont'd | | | | | |
|----------------------------------|------|-------|--------|---|--|
| Sailing Foul Weather Bibs | \$13 | \$125 | 1 | Heavy duty, offshore-weight waterproof bibs. Gore-tex pants will work. | |
| Personal Floatation Device (PFD) | \$6 | \$135 | 1 | A Type III vest with whistle. We use the Lotus Locean and the Astral Buoyancy Tempo 200. | |
| Deck Boots | \$7 | \$45 | 1 pair | Mid-calf yachting boot with a very good razor-slit non-skid sole. We only stock to size 13. | |

| Miscellaneous Items | | | | | |
|----------------------------|-------------------|----------------|----------|---|------------|
| Equipment | Rental Price | Purchase Price | Quantity | Comments | Check List |
| Insulated Mug | Available at NOLS | \$5-\$17 | 1 | 12 to 20 oz. insulated mugs with lids are preferred. Many staff use a 16 oz. Nalgene water bottle for their mug. | |
| Bowl | Available at NOLS | \$4 | 1 | A bowl with a snap-on lid. Re-sealable Tupperware- type containers work great. | |
| Spoon | Available at NOLS | \$1 | 1 | Lexan spoons are light and durable. | |
| Hydration System | Available at NOLS | \$8-\$35 | 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 32 oz. water bottles are okay. | |
| Lip Balm | Available at NOLS | \$2.50 | 1-2 | We recommend SPF30 or greater. | |
| Sunscreen Sun block (Zinc) | Available at NOLS | \$10-\$15 | 1 each | 4-ounce tube with SPF 30 or greater. One tube of total sun block like zinc oxide recommended. | |
| Bandanas | Available at NOLS | \$2 | 1-2 | Useful for a variety of purposes. | |
| Sunglasses | Available at NOLS | \$39-\$179 | 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 your own prescription glasses or look for a good quality polarized clip-on. Julbo, Smith, Optic Nerve, Oakley, Bolle are good brands. | |
| Sunglass Retainers | Available at NOLS | \$5 | 1 | Chums or Croakies for your glasses or sunglasses. | |
| Headlamp | Available at NOLS | \$30-\$40 | 1 | LED headlamp preferable. Bring spare batteries. We sell Petzl Tikka and Black Diamond Spot headlamps. | |
| Batteries | Available at NOLS | \$.85/ea. | 4 sets | We have AA and AAA for sale. | |

| Miscellaneous Items (Continued) | | | | | |
|---|-------------------|----------------|----------|---|------------|
| Equipment | Rental Price | Purchase Price | Quantity | Comments | Check List |
| Personal Hygiene Articles | Must Bring | Must Bring | 1 | Bring travel-size toiletries. We have travel-size toothpaste, toothbrushes, and feminine hygiene products for sale. | |
| Instant Hand Sanitizer | Available at NOLS | \$1.50 | 1 | 2 oz. alcohol based bottle is preferable. | |
| Watch | Must Bring | Must Bring | 1 | Water-resistant. An alarm and a light feature are helpful. | |
| Notepad | Available at NOLS | \$3-\$10 | 1-2 | A small, lightweight pad is fine. We sell NOLS waterproof expedition journals. | |
| Pen | Available at NOLS | \$.75 | 1-2 | Pen or pencil. Bring spares. | |
| 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. | |

Remember to bring a passport for entering Canada.

| Optional Items | | | | | |
|---------------------------|-------------------|----------------|----------|---|------------|
| Equipment | Rental Price | Purchase Price | Quantity | Comments | Check List |
| Fleece or Insulated Vest | \$4 | \$45 | 1 | A fleece vest of Polartec® 200 or a synthetic filled vest. This is an additional layer if you tend to get cold. | |
| Mosquito Head Net | \$1 | \$10 | 1 | Mesh head net with drawstring to protect from bugs. | |
| Insect Repellent | Available at NOLS | \$6-\$9 | 1 | A small bottle or tube. No aerosol spray cans. | |
| Vitamins | Not Available | Not Available | 1 | Some students bring a multi-vitamin to supplement the diet. | |
| Stamps and Envelopes | Available at NOLS | Varies | 6 | You can send out stamped mail during sections changes. | |
| Adjustable Trekking Poles | Not Available | Not Available | 1 | Bring if you like to use a ski pole while you hike. 2-3 section, telescoping poles ease packing. | |
| Coffee | Purchase Only | \$10/lb. | 1 | Bring if you enjoy specialty coffee for yourself in the morning. Coffee is not supplied in the NOLS ration. | |



| Footwear | | | | | |
|--|-------------------|----------------|-----------|---|------------|
| Equipment | Rental Price | Purchase Price | Quantity | Comments | Check List |
| You need a sturdy boot with good ankle support and proper fit for hiking on uneven terrain with heavy expedition packs. You'll need gaiters, camp shoes and at least 5 pairs of hiking socks. If you sleep cold, bring an extra pair of socks for your sleeping bag. | | | | | |
| Medium-weight, off-trail backpacking boots | Must Bring | Must Bring | 1 pair | Sturdy all leather heavy hiking boots with excellent ankle support. These boots are designed for extended backpacking. They provide good support for off-trail hiking with heavy packs. You need these for the wilderness section in the Pasayten Wilderness, the Olympic Peninsula coastal, and the mountain section. Please see the list below for examples of acceptable boots. | |
| Liner Socks | Available at NOLS | \$6 | 1-2 pairs | Lightweight wool, polypropylene, or Capilene "wick dry" socks. | |
| Socks | Available at NOLS | \$8- \$18 | 5-6 pairs | Crew length. Socks must be heavy wool or wool/polypropylene blend. Wigwam and Smartwool are good choices. | |
| Insoles | Available at NOLS | \$14 | 1 pair | To assure your comfort in hiking boots, an after market insole (available for purchase separate from footwear) can provide arch support, stabilize your foot and heel, add cushion and help volume adjustment. Suggestions would be Superfeet, Spenco Polysorb, and Montrail Stabilizing Insoles. | |
| Gaiters | Available at NOLS | \$25-\$60 | 1 pair | Worn over the hiking boots to keep out dirt, scree and snow. Gaiters receive hard use. Gaiters with zippers should have a double closure system, including either Velcro or snaps. Outdoor Research Crocodiles, and Mountain Hardwear Ascent Stretch gaiters have a Velcro front opening and work well. Gaiters with restrictive fit or tight elastic around the boot cuff are not acceptable. Make sure they fit comfortably over your hiking boots. | |
| Camp Shoes | Must Bring | Must Bring | 1 pair | Running, tennis or cross-training athletic shoes, in good condition to wear around camp. If you have old sneakers or boat shoes, bring for the 4-day canoeing section. Think lightweight! Open-toed river/mountain sandals are not acceptable camp shoes. | |
| Galoshes | \$2 | \$52 | 1 pair | Rubber overshoes to wear around camp over your camp shoes. Used on coastal hiking section only. | |

Recommended Boots

NOLS Pacific Northwest does not rent or sell leather 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 rand welt to bond the leather upper to the sole. Both types of sole are acceptable. These boots are designed for extended backpacking, provide good support for off-trail hiking with heavy packs, and usually require less break-in time than heavyweight mountaineering boots.

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 that you bring is a good quality leather boot designed for extended backpacking expeditions with heavy packs.

Please refer to your enrollment packet for specific boot fitting information. If you have any questions about fitting boots, call the Pacific Northwest Outfitting staff at (360) 445-NOLS (6657) or look us up on the web at <http://www.nols.edu/courses/locations/pacificnw/>

Examples Of Acceptable Boots*

Asolo: Power Matic Series, Triple Power Series, Matrix Series

Lowa: Tibet GTX, Banffin Pro

Garmont: Dakota, Towerlite, Syncro

Scarpa: SL M3

Montrail: Blue Ridge, Torre, Helium

Raichle: Mt Peak, Mt Trail

La Sportiva: Karakorum, Trango S Evo, Cascade

Vasque: Summit GTX

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

Group Gear

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.

| | | |
|--------------------------------|------------------------|-------------------|
| Tents & Shelters | Climbing Protection | Maps and Charts |
| Camp Stoves | Climbing Ropes | Reference Books |
| Fuel and Fuel Bottles | Sailing Specific Gear | Binoculars |
| Cooking Gear | Kayaks and Accessories | First Aid Kits |
| GPS' and Compasses | Wet/Dry Suits | Fishing Equipment |
| Bear Resistant Food Containers | Equipment Repair Kits | Ground Clothes |

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 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. Acceptable payment methods are cash, personal checks, traveler's checks, VISA, or Mastercard.

TO ESTIMATE YOUR EQUIPMENT FEES FOR YOUR NOLS COURSE:

| | | |
|---|------|-------|
| 1. Total projected rental charges from NOLS (Multiply weekly rental fees by number of weeks on your course. This is your total estimated RENTAL CHARGE.) | \$ | <hr/> |
| 2. Total projected purchases from NOLS: (Estimated from the checklist) | + \$ | <hr/> |
| 3. Add lines 1 and 2: This is your estimated total for 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/> |

