

Equipment List

Pacific Northwest Trip Leader

Welcome to NOLS!

We look forward to having you with us this summer in the Pacific Northwest to learn how to lead backpacking trips.

One of the important aspects of trip leading is the ability to properly outfit yourself and others. We require you to bring the majority of the personal gear you'll be using on this course. A few items can be rented from NOLS and the rental prices are listed on the equipment list. **Please call or email at least 7 days in advance to arrange for any rentals for the course.** NOLS PNW contact information is listed below.

This list is designed to assist you in deciding what to bring. The actual gear needed for your particular course may vary slightly, given course route, curriculum goals, season and prevailing weather conditions. There is also a list of optional items some students choose to bring. Remember, however, that you will be carrying all your personal gear and your share of the group equipment, and optional items affect pack weight.

On the first day you will sit down with one of your instructors to review each item you bring. If your gear meets our requirements you can use it on the course. If you decide to leave anything behind, you may store excess gear at our headquarters.

If you purchase new boots before your course, please refer to your enrollment packet for boot fitting information.

You have been billed an equipment rental deposit. This deposit will be applied directly to the charges you incur for equipment rental and any loss or damage to our gear. If your final bill is less than the deposit, 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 on 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	Quantity	Comments	Check List
T-Shirt	N/A	1	We recommend Capilene® or other synthetic since they dry fast. This is not one of your insulating layers. No cotton.	
Base Layer (Mid-Weight Synthetic)	N/A	1	Lightweight or mid-weight crew or zip turtleneck top of polyester, Capilene, or Polartec Power Dry.	
Mid-Layer (Expedition Weight)	N/A	1	Expedition-weight crew or zip turtleneck top of polyester fleece or Capilene.	
Top Insulating Layer (Fleece or Insulated Jacket)	\$10	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 Chugach, Tempest jacket or Patagonia Puffball. An insulated jacket is preferred.	
Wind Shirt	\$8	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	N/A	1	A sturdy, roomy waterproof jacket with a hood. Must be large enough to fit over all the insulating layers. <u>Breathable fabric such as Gore-Tex and H2NO® are preferable and can work as both a wind and rain layer.</u>	

Lower Body Layers

For your lower body, you'll need two insulating layers plus a wind and a rain layer. The layers should be able to fit comfortably over each other. Warmer (August) courses may need only one insulating layer.

Equipment	Rental Price	Quantity	Comments	Check List
Women: Underwear/ Sports Bras Men: Boxers	N/A	2 pair	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	N/A	2 pair	Loose fitting nylon athletic or river shorts. No cotton.	
Base Layer (mid-weight synthetic)	N/A	1 pair	Light or mid-weight bottoms of high performance polyester, Capilene®, Smartwool or Polartec Power Dry.	
Mid-Layer (expedition weight fleece pants)	N/A	1	Expedition-weight bottoms of Polartec fleece (200 weight or greater) or stretch Capilene®.	



Lower Body Layers (Continued)

Equipment	Rental Price	Quantity	Comments	Check List
Wind Pants	\$10	1	Breathable nylon wind pants that are roomy enough to fit over all lower body garments. 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 that holds up well to the rigors of a NOLS course.	
Rain Pants	N/A	1	Coated nylon pants to fit over all your layers. <u>Gore-Tex pants are preferable and can be used for both a wind and rain layer.</u>	

Head, Neck & Hand Layers

Equipment	Rental Price	Quantity	Comments	Check List
Liner Gloves	N/A	1 pair	Fleece, wool or poly pro liner gloves for sun protection and hiking on cold, wet days.	
Fleece/Wool Gloves	N/A	1 pair	Warm gloves made of pile or wool.	
Baseball Cap or Sun Hat	N/A	1	Necessary for sun protection of your face and ears.	
Wool or Fleece Hat	N/A	1	A warm hat made of wool or fleece.	

Packs & Bags

Equipment	Rental Price	Quantity	Comments	Check List
Backpack	\$30	1	We rent Lowe Alpine, Deuter and Dana Design 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).	
Ditty Bags	\$3	2-3	Small nylon or net bags for organizing items in your pack.	
Plastic Trash Bags	N/A	2	Heavy-duty lawn and garden bags; a 2 mil/33 gallon bag for waterproofing sleeping bag AND a 3 mil contractor cleanup bag for waterproofing your backpack.	

Sleeping Gear

Equipment	Rental Price	Quantity	Comments	Check List
Sleeping Bag	\$15	1	We recommend synthetic-insulated mummy bags approximately rated 0 to 10°F. Down or feather-filled bags are not suitable for the wet conditions sometimes encountered in the Northwest.	



Sleeping Gear (Continued)

Equipment	Rental Price	Quantity	Comments	Check List
Compression Stuff Sack	\$5	1	Large compression stuff sack for your sleeping bag.	
Sleeping Pad/Therm-A-Rest®	N/A	1	A full-length closed cell foam pad to insulate and pad beneath your sleeping bag.	
Sleeping Pad Stuff Sack	N/A	1	A nylon storage bag to protect your sleeping pad.	

Our advice? A sleeping bag 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.

Miscellaneous Items

Equipment	Rental Price	Quantity	Comments	Check List
Insulated Mug	N/A	1	12 oz. to 20 oz. insulated mugs with lids are preferred. Many staff use 16 oz. Nalgene water bottles for their mug.	
Bowl	N/A	1	A bowl with a snap-on lid. Re-sealable Tupperware® type containers work great.	
Spoon	N/A	1	Lexan spoons are light, durable.	
Hydration System	N/A	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 Hydromedary® bag with 64 oz. capacity. Two water bottles are okay.	
Lip Balm	N/A	1	We recommend SPF30 or greater.	
Sunscreen Sunblock (Zinc)	N/A	1 each	6-ounce tube with SPF 30 or greater. One tube of total sun block like zinc oxide; can be purchased in the baby section of any drugstore.	
Glacier Glasses or Sunglasses	N/A	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, Coyote Vision, Oakley, Bolle and Bousche and Lomb are good brands.	
Bandannas	N/A	1-2	Useful for a variety of purposes.	
Prescription Glasses and Contact Lenses	N/A	1 pair	Bring spare glasses or contact lenses. Contact lens wearers should consider bringing a pair of glasses as backup.	
Headlamp	N/A	1	LED headlamp preferable.	
Batteries	N/A	1 set	Fresh batteries for your headlamp.	
Disposable Lighters	N/A	1	Small lighter.	
Personal Hygiene Articles	N/A	1	Bring travel size toothpaste, toothbrush, brush, and plenty of tampons.	



Miscellaneous Items (Continued)				
Equipment	Rental Price	Quantity	Comments	Check List
Instant Hand Sanitizer	N/A	1	2 oz. bottle preferable. Alcohol-based for keeping hands clean.	
Notepad	N/A	1	A small, lightweight pad is fine. Steno notebooks work well.	
Pen	N/A	1-2	Pen or pencil	
Watch	N/A	1	Water-resistant. An alarm and a light feature are helpful.	

Optional Items				
Equipment	Rental Price	Quantity	Comments	Check List
Coffee	N/A	1	Bring if you enjoy specialty coffee for yourself in the morning. Coffee is not supplied in the NOLS ration.	
Vitamins	N/A	1	Some students bring a multi-vitamin to supplement the diet.	
Adjustable Trekking Poles	N/A	1	Bring if you like to use a ski pole while you hike. 2-3 section, telescoping poles ease packing.	
Camera and Film	N/A	1	Compact camera with protective case. No heavy lenses/elaborate set-ups.	
Fleece or Insulated Vest	\$5	1	A fleece vest of Polartec® 200 or a synthetic filled vest. This is an additional layer if you tend to get cold.	
Balaclava	\$3	1	Pile or fleece balaclavas provide protection and insulation under severe conditions and provide excellent insulation when in the sleeping bag.	
Insect Repellent	N/A	1	A small bottle or tube. No aerosol spray cans.	
Mosquito Headnet	\$1	1	Mesh headnet with drawstring to protect from bugs.	

Footwear				
Equipment	Rental Price	Quantity	Comments	Check List
Boots	N/A	1 pair	Sturdy all leather heavy backpacking boots with good ankle support, Vibram sole and a proper fit are critical for hiking on uneven terrain with heavy expedition packs. Waterproof before bringing.	
Socks	N/A	4-6 pairs	Crew length. Socks must be heavy wool or wool/polypropylene blend. Thorlo® and Smartwool® are good choices.	
Gaiters	N/A	1 pair	Worn over the boots to keep out dirt and snow. OR Crocodiles® and Mtn. Hardwear Ventigaiters® have a Velcro front opening and work well. Gaiters with tight elastic around the boot cuff are not acceptable. Gaiters must be large enough to fit comfortably over boots.	

Footwear (Continued)

Equipment	Rental Price	Quantity	Comments	Check List
Camp Shoes	N/A	1 pair	Running, tennis or cross-training shoes in good condition. Avoid expensive shoes. Open-toed "river" or "mountain" sandals are not acceptable. Think lightweight! Crocs are acceptable.	
Insoles	N/A	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 Spenco Polysorb®, Superfeet, Montrail Stabilizing Insoles.	

Recommended 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 randed welt to bond the leather upper to the sole. Both types of sole are acceptable. These boots are designed to provide good support for off-trail hiking with heavy packs or extended trips, and usually require less break-in time than heavyweight mountaineering boots.

The following list is not comprehensive and is to be used for suggestions only. The boots listed 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 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 **NOLS PNW at (360) 445-6675** or the NOLS admissions office at (800) 710-6657, or look us up on the web at <http://www.nols.edu>.

EXAMPLES OF ACCEPTABLE BOOTS*

Asolo: TPS 520 GV, TPS 535

Lowa: Tahoe GTX, Tibet GTX, Banff

Garmont: Dakota, Expedition, Montana

La Sportiva: Latok Trk, Thunder GTX

Montrail: Blue Ridge, Torre, Traverse

Raichle: Mt Peak, Mt Trail

Scarpa: Delta M3, SL M3

Technica: Galaad NB, Galaad SD GTX

Vasque: Zephyr, Luna, Wasatch GTX, Sundowner 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 & Compass
Camp Stoves	Climbing Ropes	Reference Books
Fuel and Fuel Bottles	Helmets and Harnesses	Binoculars
Cooking Gear	Ice Axes	First Aid Kits
Bear Resistant Food Containers	Equipment Repair Kits	Ground Clothes
Trowels or Shovels	Fishing Equipment	

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 deposit. Rental and purchase charges will be totaled at the end of your 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 (Prices listed are for the entire course.)		\$
2. Total projected purchases from NOLS: (Estimated from the checklist.)	+	\$
3. Add lines 1 and 2: This is your estimated total for RENTALS and PURCHASES.	=	\$
4. Equipment deposit you have on credit (See your statement for amount.)	-	\$
5. Subtract line 4 from line 3: This is your FINAL ESTIMATED BALANCE.	=	\$

