

# Equipment List

## Patagonia Mountaineering

Careful equipment selection is essential for your overall health and comfort. Your thoroughness in this process will have a very direct impact on you and your expedition as a whole. Before selecting what to bring, buy or borrow from a friend, it is important that you go over the equipment list carefully. Students often find they have spent unnecessary money for new gear that is unsuitable for the conditions they will encounter.

If you already own and are undecided between two options to meet a particular equipment need, consider bringing both items to Patagonia. Prior to departure from the NOLS base, you and your instructors will work together to determine the best strategy. In advance of the course, NOLS headquarters in Lander may also be able to answer some of your equipment questions and to help you determine whether a particular item will be suitable.

If you are purchasing new items for your NOLS course, we suggest that you begin by looking through mail order catalogues (Mt. Equipment Co-op, Eastern Mountain Sports, REI, etc.) and outdoor magazines (*Backpacker*, *Outside*, *Climbing*) for an approximate gauge of price range and varieties available. A look at advertisements should help you locate a backpacking specialty store near you, or you may wish to mail order your equipment. We do not recommend purchasing footwear via mail order. NOLS has a mail-order store (<http://www.nols.edu/store>) if you wish to purchase items like wind pants, mugs, caps, etc. prior to your arrival at NOLS Patagonia. **There will be no opportunity to obtain equipment marked “Must Bring” on the following list once you arrive at NOLS Patagonia.**

If you have any questions, please do not hesitate to contact the Admissions Office, NOLS, 284 Lincoln Street, Lander, WY 82520 or phone 800-710-NOLS, 8:00 a.m. to 5:00 p.m. mountain time, Monday through Friday.

### Equipment Rental Deposit and Bill Payment

All members of the expedition have been charged an equipment rental deposit (not included in the tuition). This deposit amount is based on an estimated rental charge for the course. Your actual charge will vary according to how many items you obtain from NOLS, and will be totaled at the end of the course. If you are due a refund from the deposit, it will be sent to your home by mail from the Lander Headquarters. No refunds will be given in Patagonia. If your total exceeds the deposit, the balance will be billed to your home. The deposit is intended to cover the cost of use, cleaning and normal wear and tear of the equipment. **Loss and damage costs will be charged to the individual or group, depending on the situation.**

### Luggage Storage

NOLS Patagonia has storage space: Items not needed for the expedition should fit in a moderate sized bag, which you may store at our base at your own risk.

**Please study this section carefully. It cannot be emphasized too strongly that your choice of personal gear could be crucial to the success of the expedition. You will need to obtain most of the items on this list prior to your course. The availability of each item is indicated as follows.**

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

Purchase price listed is for new gear; used gear will be discounted proportionally according to amount of wear.

**Must Bring** – Indicates that the item is **NOT AVAILABLE** from NOLS. You must bring these items.

**Rental** – Indicates that the item is available for **RENT** from NOLS Patagonia.

**ALL PRICES ARE SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY.**



## Footwear

It is important for your enjoyment and success that all footwear fits and performs well. Part of the mountain and “independent student group travel” sections will be spent in wet, muddy river valleys or perhaps on snow and ice in below-freezing temperatures. Keep this in mind when reviewing this list.

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Wool Socks	Available at NOLS	\$14	4 Pairs	Heavy wool or synthetic socks.	
Gaiters	Available at NOLS	\$60	1 Pair	Must be just below knee-high and need to be large enough to fit over bulky plastic boots. We recommend a sturdy nylon zipper, velcro, or non-zippered type. These take a lot of abuse so they must be durable. NOLS Patagonia has O.R. Crocodile gaiters available for sale. If you are buying your own before arriving to the course, make sure they fit over your size of plastic mountaineering boots. Other models of this brand have proven not to fit over plastic boots.	
Camp Shoes	Must Bring	Must Bring	1 Pair	For wear around camp and in town. These get a lot of wear but are rarely used for hiking, so a very light running shoe or sneaker is recommended over heavy leather travel shoes. Opened-toed shoes are not acceptable. Students and Instructors have suggested CROCS without holes as a good camp shoe for all courses, easier to dry and lighter to carry than sneakers.	
Pile Booties	\$10	Rental	1 Pair	Fleece or synthetic-fill booties with insole for wear inside your plastic boot shells in snow or ice camps. If fleece, look for double layer 300 weight. NOLS Patagonia has fleece booties for rent. All routes for the mountain sections are chosen only a week before the start of the course. Weather and geography have the last say when choosing a route. Depending on the route you will be required to carry camp shoes instead of booties. Please, keep this in mind when deciding to buy an expensive pair of insulated booties you may not be able to wear in your mountain section.	
Plastic Mountaineering Boots	\$80	Rental	1 Pair	A plastic double-boot (insulated inner bootie plus plastic outer shell) is hard to beat for its lightweight, warmth, and water resistance. Make sure that your model has a welt or groove to accept clip-on crampons. Koflach Viva Soft, Asolo AFS, and Scarpa Inverno are examples. These should fit comfortably with 2 pairs of wool socks or 1 pair each of wool or neoprene socks. Models with some sort of closed-cell foam inner boot (such as the Asolos) dry more quickly than those insulated with wool felt. The expensive alveolite liners are not necessary. NOLS Patagonia has Koflach Viva Soft and Scarpa Inverno boots for rent in sizes 5.0 - 14. <b>If your feet are larger than size 14, or smaller than 5.0 you will need to purchase your own boots.</b>	



Footwear (continued)					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Hiking Insoles	Must Bring	Must Bring	1 Pair	These can be removed from a pair of running or hiking shoes or purchased separately. They are to be used with the plastic mountaineering boots. NOLS does <i>not</i> have insoles for rent or for sale.	

Plastic Boot Fitting Instructions
<p>If you plan to purchase plastic boots before coming to Patagonia, or if you need to check the fit of boots you already own, <b>please read the following tips:</b></p> <ol style="list-style-type: none"> <li>1) For prevention of foot problems, it is more important to have a good fit than a well broken-in boot. In fact, plastic boots will never be “broken in,” but your feet will.</li> <li>2) Your plastic boots should fit comfortably with 1 pair of thick wool or neoprene socks. Err on the loose side so that you can wear two pairs of socks (wool, or a neoprene/wool combination) in response to changes in conditions or activities. If you wear prescription arch supports or other orthopedic aids, make sure you have a good fit with the devices in the boot.</li> <li>3) When trying on plastic boots, remove the <b>inner</b> boot and ask the salesperson to fit this to your "Branick." This is a measurement of fit across your foot. If your foot is not held in place widthwise, it will slide lengthwise and be more subject to blistering. After you have a good fit widthwise, slip your bare foot into the inner boot and slide your foot forward until your toes touch the front of the boot. If you prefer (some shops may request), you may wear a thin liner sock to perform this test. With the toes at the front of the boot, lean forward slightly and see if you can place your index finger between your heel and the back of the boot. If you can, the boot is probably the right size; if you can't, the boot is too small and you should try a larger size.</li> <li>4) If the boot passes the above test, put on one pair of heavy wool socks or thick neoprene socks and put on the <b>whole boot</b>, lacing to comfortable snugness. Take a few steps. The toes should be comfortable -- not too tight -- with a bit of room to wiggle. The boot should feel comfortable in the arch, with a bit of support but not tight. As you take a few steps, your heel should feel like it is being held snugly in the boot with just enough lift to lose contact with the insole of the boot. If you have zero lift, it is too tight; a half-inch or more is too loose.</li> <li>5) If your foot feels comfortable in the boot so far, try to determine how much room your toes have at the front of the boot: Kick a wall with the intent of getting your foot to slide forward in the boot with each hit. Kick the wall, until your foot feels like it is caught by the instep of the boot, at the same time your toes hit the front of it. This should happen on the third or fourth kick. Your toes should just make contact at the end of the boot. If they hit hard on the first or second kick, the boot is probably too small, or else too loose. Try lacing the boots a bit tighter or try a narrower boot before trying a larger size. If your toes don't hit the end of the boot at all, try a smaller size. If your foot feels comfortable in the boot, if your heel lifts up from the bottom of the boot only slightly, and if your foot is caught and held by the instep at the same time that your toes hit the front of the boot, then you probably have a good fit.</li> <li>6) Shop for boots in the afternoon; feet tend to swell during the day, and this can affect fit. Most people have one foot that is larger than the other. Always fit the larger foot. If the difference is significant, wear an extra sock or use an insole on the smaller foot.</li> <li>7) Take your time when purchasing boots. Walk around the shop; kick a solid wall; use a ramp; try a different boot. One brand may fit better than another, even if they are the same size. The boots will feel awkward, but they should not be uncomfortable.</li> </ol>



## Lower Body Layers

The use of clothing systems to stay comfortable in adverse conditions is a fundamental aspect of the NOLS curriculum. Your primary tool is judgment, not technology. People climbed mountains long before Gore-Tex or Polarguard existed. The new fabrics and materials simply increase the level of comfort and performance. Select for function and durability and remember you will be wearing these clothes for a month straight so choose something you'll be happy wearing. Minimizing weight is a high priority on an extended expedition. Whenever possible, choose equipment that fills multiple needs and enables another item to be left behind. If you are purchasing equipment, scrutinize product information and select the lightest possible combinations offering reliable quality.

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Hiking Shorts	Must Bring	Must Bring	1	Optional. Nylon shorts with a liner are lightweight and dry quickly.	
Mid-Weight Long Underwear Bottoms	Available at NOLS	\$50	1-2 pairs	These should be mid-weight polypropylene. Cotton and cotton blends are not acceptable.	
Expedition-weight fleece pants	\$10	Rental	1 pair	Optional, if using 2 pairs of long underwear. These should fit comfortably over a light layer of underwear. Bibs or shelled fleece are acceptable but unnecessarily heavy. A full-length zipper is convenient for changing layers without removing boots.	
Wind Pants	Available at NOLS	\$63	1 pair	Breathable, nylon wind pants (not waterproof) to fit comfortably over polypro/fleece pants. Patches to reinforce the knees and seat are strongly recommended. Wind pants designed and made especially for NOLS are available at NOLS Patagonia for <b>purchase only</b> . They are also available from our online store.	
Rain Pants	Available at NOLS	\$90	1 pair	A light, strong roomy pant works best in mountain travel. A full-length side zipper is convenient for changing layers without removing the boots. NOLS has light, rain pants by Patagonia for sale (model Rain Shadow).  <i>Note on Gore-Tex:</i> Although a pair of Gore-Tex pants or bibs will fill the need for a waterproof and breathable layer, past students have found that in very wet environments, Gore-Tex does not perform and becomes soggy and heavy. A pair of wind pants is usually more breathable than Gore-Tex shells, and coated rain gear more waterproof. The combined weight of the two layers is often less than a single Gore-Tex layer. This applies for upper body shell layers as well.	



### Upper Body Insulating Layers

You will need 3-4 insulating garments that can be comfortably layered. These should be of a variety of weights and insulating values to mix and match as conditions vary. Synthetics are preferable to wool in the damp climate. **No cotton!** Lengths, which will stay tucked in below the belt line, are preferable. Note that some items are considered a half-layer.

**Choose a combination of 3 to 4 layers from the following options.**

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Base Layer Top	Available at NOLS	\$50	1-2	Synthetic best fit expedition needs. At least one of these layers should be lightweight (short sleeve is fine) for hiking in warm conditions. It is recommended that additional synthetic shirts (1 or 2) be mid- or expedition-weight. A zippered turtleneck is versatile, increases warmth and offers some protection against the sun. <b>Short sleeve, silk-weight or very lightweight synthetic tops are considered a half layer.</b>	
Fleece Vest	\$11	Rental	1	This is considered a <b>half layer</b> . Great for cool days on the trail!	
Expedition-Weight Pullover	Available at NOLS	\$85	1	Heavier than a med-weight polypro top, but lighter than a pile jacket – though not required, many people find it to be a useful layer. NOLS Patagonia has Mountain Hardwear expedition-weight zip-Ts for sale.	
Fleece Jacket	\$15	Rental	1	Unbeatable warmth-to-weight ratio. A variety of weights and styles are on the market. Closeable cuffs, draw cords at waist and hem, and a high snug collar are features that increase warmth without adding significant weight. A medium-weight pullover (capilene, synchilla) and a jacket combined with 2 mid-weight tops would be a solid system.	
Insulated Jacket	Must Bring	Must Bring	1	An insulated jacket that is lightweight, such as the Mountain Hardwear Chugach or the Patagonia Puffball or DAS Parka, is a good third layer. This jacket should fit over your other layers and under your Rain Jacket.	
Wool Sweater or Shirt	Must Bring	Must Bring	1	Must be at least 75% wool or synthetic and should extend several inches below your belt. Wool/synthetic blends are acceptable. Wool/cotton blends are not acceptable.	

### Upper Body Shell Layers

As with the lower body shell layers, you will need a breathable layer and a waterproof layer. This need may be met by one layer, that is both breathable, and waterproof, (see above disclaimer on Gore-tex), and fits comfortably over insulating layers.

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Wind Shirt	\$16	Rental	1	A breathable nylon wind shell. Select for minimal weight, but bear in mind that this layer may take a lot of abuse. Patagonia's Houdini jacket is an excellent option. Optional if Rain Parka is breathable.	

Upper Body Shell Layers (continued)					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Rain Parka	Available at NOLS	\$160-\$220	1	A light, durable and roomy garment for mountain travel. Ponchos are NOT acceptable designs. This garment should be fully waterproof and have a hood. Gore-Tex is acceptable, but we find that it can lose its effectiveness over time – if you are bringing an older jacket, hop in a cold shower and try it out! NOLS Patagonia has light rain shells by Patagonia, for sale, models JetStream and Rain Shadow. <b>Your rain parka should be big enough to fit over all your layers.</b>	

Hands					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Liner Gloves	Available at NOLS	\$10	1 pair	While not required, liner gloves are <b>highly recommended</b> and versatile.	
Mittens/ Gloves	Available at NOLS	\$10-\$15	1 pair	Insulating, wool or synthetic. They can be combined with the liner gloves. NOLS has wool gloves and mittens for sale	
Nylon Mitten Shells	\$10	Rental	1 pair	Must fit over other hand layers. Coated nylon or Gore-Tex models are acceptable, but do not assume they are waterproof. Many companies make glove or mitten shells with removable fleece liners. If you have one of these models, a very light wool or polypropylene glove should complete your needs in this area. Mitten shells rented from NOLS are not waterproof.	
Neoprene Gloves	Available at NOLS	\$40	1 pair	Optional. Neoprene gloves could be worn for warm-while-wet protection.	

Head					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Wool/Fleece Hat	Available at NOLS	\$10-\$15	1	A ski hat is fine. Consider ear-flaps for added protection.	
Balaclava/ Neck Warmer	\$8	Rental	1	Fleece, polypropylene or wool to provide protection and insulation in combination with your hat. Balaclavas offer great versatility.	
Sun hat	Available at NOLS	\$16	1	Consider a full brim for maximum protection. A typical baseball cap is acceptable, but a nylon model will dry more quickly. NOLS caps are available for purchase.	



Head (continued)					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Sunglasses with detachable side shields or Glacier Glasses	Available at NOLS	\$85-\$120	1 pair	The drugstore counter varieties are inappropriate for your needs; head for the outdoor stores. Glasses should transmit no more than 10% visible light and be at least 97% UV protected. Choose a pair that you can wear comfortably both on and off snow. Please remember to bring a durable case to protect your glasses as well as Chums or other "neck leash". The side visors are needed while on snow. If you already own a good pair of sunglasses already, try purchasing or making side visors for them. NOLS Patagonia has Julbo sunglasses for sale.	

Sleeping Gear					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Sleeping Bag	\$90	Rental	1	If you decide to bring your own sleeping bag, consider these things: We require a synthetic fill sleeping bag (Fiberfill, Dacron, Polarguard, Hollofil, Quallofil) with a hood. You will need 3 to 4 pounds of fill weight. The bag should have a temperature rating of 0 to 15° Fahrenheit. <b>Down is not acceptable, nor are bags with cotton linings.</b> NOLS Patagonia has Mountain Hardwear, Lamina 0 (-18 Celsius) synthetic bags for rent.	
Sleeping Pad	\$10	\$90	1	Choose either a closed cell foam pad of 3/8 inches thickness or an inflatable Therma-Rest. If you are buying a Therma-rest, opt for a lightweight model and select the shortest necessary length. It need not extend from head to toe as you can use clothing layers and other odds and ends to make up the difference. NOLS has closed-cell foam pads for rent and inflatable Therm-a-Rest pads for sale.	
Half pad	\$2.50	Rental	1	Often required by Instructors. A half-pad increases insulation while on snow and serves as a portable seat for meetings. The foam pad can be a short-cut piece of ensolite, 2-3 ft. long. This option is lighter than a crazy creek chair.	
Compression Stuff Sack	\$8	Rental	1	This is to pack your sleeping bag and clothing layers that you will not need to access during the day.	
Sleeping Pad Stuff Sack	Must Bring	Must Bring	1	A nylon sack to protect the environment from your ensolite/Therma-Rest and vice versa.	



Packs And Bags					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Backpack	\$80	Rental	1	Many packs on the market are not large enough either to handle the amount of gear we carry or to withstand the use we give them. <b>Your pack must have enough room to comfortably hold 70 to 80 pounds of equipment (7000 - 7500 cubic inches), and must be an internal frame design.</b> Reliable brands include Dana Design, Astraplane, Osprey, and Lowe. If you bring your own pack, it will have to be approved before use on the course. NOLS has Lowe backpacks (Small and Regular), Dana Design (Small and Medium) and Deuter (Regular and Large) for rent in Patagonia.	
Small Nylon Stuff Sacks	\$1	Rental	3	Used to organize gear in your pack.	
Medium Nylon Bag	\$7	Rental	1	A medium-sized, very lightweight zip bag or stuff sack helps to organize and protect clothing in your backpack.	
Heavy Duty Trash Bags	Available at NOLS	\$1.50	3-4	The large, strong trash compactor variety work best. These are used to waterproof your clothing and sleeping bag. The Chilean stores don't stock strong compactor bags in small or regular sizes. We suggest you to bring some from home.	

Mountaineering Equipment					
NOLS Patagonia rents these items for a minimal charge. If you bring your own, it <b>must</b> meet our specifications.					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Crampons	\$15	Rental	1 pair	Used for glacier travel and ice climbing. NOLS uses Grivell 12-point, step-in crampons.	
Harness	\$11	Rental	1	NOLS uses Black Diamond Alpine Bod Harnesses. This must fit over all warm and rain layers.	
Accessory Cord	Available at NOLS	\$.75/foot		6 mm static cordage. This is best to buy from NOLS as each course uses different lengths. Average requirement is about 18 feet.	

Miscellaneous Personal Gear					
<b>Important:</b> Keep in mind that small items as sunscreen, lip balm, bandanas, watch, trash bags could be cheaper and easier to buy in at home than in Chile. Coyhaique is a small remote town with limited availability of everything where all prices tend to increase due to the costs of shipping and taxes.					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Cotton Bandanas	Available at NOLS	\$5	2-3	Useful for all sorts of things.	
Hand Sanitizer	Available at NOLS	\$2	1	One travel-sized bottle is required for your course. You can choose to bring your own or purchase at NOLS Patagonia.	



**Miscellaneous Personal Gear (continued)**

<b>Equipment</b>	<b>Rental Price</b>	<b>Purchase Price</b>	<b>Quantity</b>	<b>Comments</b>	<b>Check List</b>
Headlamp, Extra Bulb & Batteries	Available at NOLS	\$50-\$80 (batteries \$2 each)	1	Lightweight is preferable. Bring 2 sets of batteries, or more if you use a super bright halogen bulb. Lithium battery headlamps work well in cold weather. If you will be using lithium batteries, 2 sets should be sufficient. NOLS Patagonia recommends Petzl and Black Diamond headlamps.	
1 Small Notepad/Journal, 3 Pens or Pencils	Available at NOLS	\$3/ \$1		Notebooks will be required for class notes and are nice to have for personal writing. NOLS Patagonia doesn't stock waterproof journals.	
Sunscreen	Available at NOLS	\$10	1 medium tube	Should have a sun protection factor (SPF) of at least 30 and should be water repellent.	
Lip Balm	Available at NOLS	\$4	1	SPF 15 or greater. Carmex is not suitable, as it has no sunscreen.	
Toiletry Items	Must Bring	Must Bring		Toothbrush, toothpaste, contact lens solution, comb, tampons, etc. This is an area to minimize weight by bringing only what you need: no more, no less. Remember, you've got to carry it!	
Insulated Mug	Available at NOLS	\$9-\$14	1	Make sure that these are unbreakable! They must withstand boiling water, cold and abuse. Insulated NOLS mugs are available in Patagonia. Your mug should be at least 12 oz.	
Spoon	Available at NOLS	\$1	1	This must be durable – helps if it fits inside of your bowl.	
Bowl	Must Bring	Must Bring	1	We highly recommend that your bowl have a tight lid to carry leftovers on the trail. Tupperware is a good option and Rubbermaid makes the "Flex & Seal" medium sized bowl, which has proven to be another good option. Chilean market doesn't offer any model of bowl that is sturdy enough for a NOLS course. They all seem to crack and break easily. We recommend you bring a bowl from home.	
Water Bottle	Available at NOLS	\$10-\$12	1-2	Wide mouth is convenient. 1 L capacity minimum. Should be indestructible! Consider bringing an additional 1/2 L bottle instead of a mug. NOLS Patagonia has 16oz. water bottles for sale.	
Hydration System	Available at NOLS	\$40	1	Not required, but many folks have recommended them. Camelbak, Platypus and MSR all make excellent waterbag/drinking tube systems.	
Watch	Must Bring	Must Bring	1	Waterproof, with an alarm. Bring your own watch or buy in your travels before the start of the course!	
Lighter	Available at NOLS	\$1	2	For starting stoves and fires.	
Small Waterproof Bags	Must Bring	Must Bring	2-3	For books, passport, papers etc. Nothing bigger than 8" X 12". Zip-lock bags or small stuff sacks lined with a plastic bag are good options.	



Miscellaneous Personal Gear (continued)					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Extra Glasses or Contacts	Must Bring	Must Bring		If you wear prescription lenses, bring a spare set. Purchase all contact solution before you arrive. If your natural vision is significantly limited, bring prescription sunglasses or glacier glasses or very high quality ski goggles to fit over your glasses. We recommend keeping your glasses safe in your carry-on luggage during your travel to Patagonia.	

Optional Items					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Trekking Poles	Must Bring	Must Bring	1	They are not required but highly recommended. Collapsible poles are easier to pack and carry, especially when bushwhacking.	
Camera and Film	Must Bring	Must Bring	1	You will want a protective, waterproof container for your camera. Keep this light, simple and small, as you will have to carry the extra weight! Dry boxes and dry bags (e.g. Pelican Cases or Sportsbags) are available from most outdoor stores. If you are investing in a new camera or binoculars for this trip, consider those that are water resistant. Because of the likelihood of adverse weather, avid photographers may be interested in bringing a small "point and shoot." Film is expensive in Chile.	
Knife	Must Bring	Must Bring	1	A small, lightweight, single blade is all you will need. A knife with a locking system is recommended, to prevent the knife from opening accidentally.	
Binoculars	Must Bring	Must Bring	1	A pair of small, light 7x 20 or 8 x 20 binoculars will enhance your enjoyment of the wildlife. Again, you need a protective, waterproof container. Instructors often bring these as part of the group gear.	
Book	Must Bring	Must Bring	1	One is fine. When you're done, you can trade with a tent mate. Instructors will be selecting a small collection of curriculum-related books for the group.	
Coffee	Must Bring	Must Bring		NOLS does not have coffee available for sale. If you are attached to a particular brand/type, we suggest you bring it from home.	
Neoprene Socks	Available at NOLS	\$30	1 pair	Optional. These will be worn inside the plastic boots and should be 2 or 3 mm thick. The thicker models with covered seams (e.g., Deep Sea) offer greatest durability. Avoid socks with zippers or prominent seams, as these will cause blisters and irritation. These socks are available at dive, kayak and windsurfing retail shops. These are socks, NOT hard-soled booties.	
Ear Plugs	Must Bring	Must Bring	1 pair	These are great for traveling, and for sharing tents with loud sleepers.	



For Pre-Course And Post-Course Travel					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Photos of Family, Friends	Must Bring	Must Bring		It's great to have photos of your community back home to share with people you meet. Chileans are very family oriented and will always ask about your family and hometown.	
Small Towel, shampoo, soap, deodorant	Must Bring	Must Bring		Only for pre and post-course use. Travel-size.	
English/Spanish Pocket Dictionary and Phrase Book	Must Bring	Must Bring		Optional, but a small, travel edition can be helpful throughout the course unless you are fluent in Spanish. Plastic bindings are best.	

**Passport:** Bring a photocopy of the identification page. **You need to retain your Tourist Visa that you'll receive upon entering the country.** For more information, see the Travel and Logistics section of your pre-course information packet.

### Group Gear

Group gear is distributed among all expedition members. The specific equipment taken on your course will be determined by the anticipated weather and terrain and the number of group members. **All of this equipment is provided by NOLS and is included in your tuition; it is NOT a part of your personal rental fee.**

Ice Axes: 50-70 cm.	Snow Shovels
Climbing Ropes	Tents
Climbing Helmets	Food Bags
Climbing Hardware and Slings	Repair Kits
Multi-Fuel Stove and Cook Gear	Maps
Fuel Bottles	Compasses

**Group Library:** Books can range from flora and fauna, technical skills, environmentally adequate issues, Chilean history and politics.

**First Aid Kits:** Our instructors bring a first aid and drug kit, so no need to bring your own.

The expedition format of the course emphasizes the importance of equipment care: The success of your expedition is highly dependent on the performance of your gear which in turn depends on the care that YOU give it!

Gear maintenance and repair will be ongoing. Normal wear and tear is expected, and most repairs can be successfully executed in the field. However, students will be held financially responsible for the loss of any items and for any damage that is due to mistreatment or neglect. This could be as small as a lost \$ 6.00 cook spoon or as large as a poorly treated \$700 tent. At the end of the course, a group gear "damage and loss" charge will be calculated and distributed among the appropriate members of the course. Individuals or groups of individuals will be held fully accountable if they alone bear the responsibility for the loss or damage.

