

Equipment List

Semester In Patagonia

The list of equipment is on the following pages. The NOLS Patagonia Semester course is an 80-day expedition. When looking at the personal equipment you will be bringing, it is important to think about preparing your gear to serve your needs for all 80 days. Quantities indicated are for the entire semester. Aside from technical gear and footwear, most of your equipment can be used on the kayaking, mountain, and hiking sections. It is unnecessary to have a new complete set of gear for each section.

Careful equipment selection is essential for 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: Often students 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 online or in outdoor stores (Mt. Equipment Co-op, Eastern Mountain Sports, REI, etc.) and outdoor magazines (*Backpacker*, *Outside*, *Climbing*) this will help give you an idea 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 catalog (<http://www.nols.edu/store>) if you wish to purchase items like wind pants, mugs, caps, etc. prior to your arrival at NOLS Patagonia. **Once you arrive to the NOLS base in Patagonia, there will be no opportunity to obtain equipment marked “Must Bring” on the following list.**

Equipment Rental Deposit And Bill Payments

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 at the end of the course, depending on the situation.**

Luggage Storage And Transport..

Items not needed for the expedition, can be stored at NOLS Patagonia and should fit in **ONE** moderate sized bag. Keep in mind we cannot guarantee security. During the course, NOLS will transport expedition gear and your “rendezvous” (transition) bag to and from meeting points.

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:

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. **You Must Bring These Items!!**

Rent – Available from NOLS Patagonia as a **RENTAL** item.

Not Available from NOLS – Indicates that the item is **NOT AVAILABLE** from NOLS.

Prices are projected for current courses at NOLS. Purchase price listed is for new gear; used gear will be discounted proportionally according to amount of wear.

ALL PRICES ARE SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY.



Upper Body Layers

The use of clothing systems to stay healthy and comfortable in adverse conditions is a fundamental aspect of the NOLS curriculum. Your primary tool is judgment, not technology. 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 almost 3 months 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 potentially enables another item to be left behind. If you are purchasing equipment, scrutinize product information and select the lightest possible combinations offering **reliable** quality and durability.

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
<p>Choose a combination of 3 to 4 layers from the following options: You will need 3-4 insulating garments that can be comfortably layered. You should bring a variety of weights and insulating values to mix and match, as conditions will vary. Most instructors will recommend a system of one long-sleeve light weight base layer, then 2½ to 3½ insulating layers that can be intermixed or worn together, in addition to wind or rain shell layers. Remember: Cotton does not go into the field! Synthetics are lightweight and dry quickly; wool is also an option. Note that some items are considered a half-layer.</p>					
Sports Bra	Purchase Only	\$43-\$55	2-3	Two are recommended. It would be nice to have a third to send into yourself at a transition, but not necessary.	
Base Layer Lightweight and Mid-weight Top(s)	Purchase Only	\$42-\$72	2-3	Synthetic options 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 be mid- or expedition-weight. A zippered turtleneck increases warmth and offers some protection against the sun. Short sleeve, silk-weight or very lightweight tops are considered a half layer. NOLS Patagonia offers Mtn. Hardwear's Advance Lightweight Longsleeve Crew's for sale.	
Lightweight Insulated or Fleece Vest	\$10	Rent	1	Optional. This is considered a half layer. Fleece or synthetic vests are a great lightweight option to keep warm on cool days on the trail. NOLS has fleece vests for rent.	
Expedition-Weight Top	Purchase Only	\$85-160	1	Heavier than a mid-weight top, but lighter than a fleece jacket. Though not required, many people find it to be a useful layer. NOLS Patagonia offers Patagonia's Stretch Velocity and the R1 Hoody for sale.	
Fleece Jacket	\$15	Rent	1	Optional. 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. Look for a jacket of 300 wt. fleece.	
Sythetic Insulated Jacket	Purchase Only	\$160-200	1	Required. An insulated jacket that is lightweight, such as the Mountain Hardwear Compressor Jacket, the Patagonia Puffball, or Patagonia DAS Parka, is a solid third layer. This jacket can replace a fleece jacket and should fit over your other layers and under your Rain Jacket. NOLS Patagonia has the Mountain Hardwear Compressor jackets available for sale.	

Example System 1: One lightweight short or long-sleeve, One mid-weight long-sleeve, One expedition-weight long sleeve, One fleece vest, and One fleece jacket or insulated jacket. **Example System 2:** One lightweight long sleeve, One mid-weight long-sleeve, One expedition-weight long-sleeve, One fleece jacket or insulated jacket.



Upper Body Layers (Continued)

You will need a breathable layer and a waterproof layer. One layer that is both breathable and waterproof can meet these needs and should fit comfortably over insulating layers.

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Wind Shirt	\$20	Rent	1	Optional. Recommended. A breathable nylon wind shell. Select for minimal weight, but bear in mind that this layer may take a lot of abuse. A hood is recommended. Patagonia's Houdini Jacket is an excellent option. The online NOLS store also sells Wind Shirts if you would like to buy one ahead of your course. NOLS Patagonia rents the NOLS wind jacket.	
Rain Parka	Purchase Only	\$110-\$220	1	Required. A light, durable, and roomy garment for mountain travel. Cagoules and anoraks are acceptable designs, but not ponchos. This garment should be fully waterproof and have a hood. Gore-Tex is a great option. NOLS Patagonia sells Mountain Hardware and Patagonia rain jackets.	
Heavy Storm Jacket & Bibs	\$20 Each	Rent	1	Optional. Most often required by instructors. These storm items are worn for the kayaking section for stormy weather. If you bring your own, think "heavy-duty fisherman style": Peter Storm, Helly Hansen, Grunden's, or their equivalent, are acceptable. If you do not already own these, we recommend that you rent from NOLS Patagonia. We rent Helly Hansen storm gear.	
Paddling Jacket	\$27-\$45	Rent	1	Recommended. This is for your kayak section to be worn only while paddling. A touring paddling jacket, with neoprene closures, not gaskets, on the wrists will keep you much drier than a regular rain parka while paddling. You will be happier with a paddling jacket that has a hood.	

Lower Body Layers

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Hiking Shorts	Must Bring	Must Bring	1	Required. Nylon shorts with a liner, that are lightweight and dry quickly.	
Long Underwear Bottoms	Purchase Only	\$42-50	2-3	Required. These should be mid-weight, synthetic models. Cotton and cotton blends are not acceptable. Many students have recommended 2 pairs, one for each of your month-long sections, or one for hiking/paddling and one for sleeping.	
Underwear	Purchase Only	\$22-\$36	3-4	You will need about 3 pairs while in the field. A simple system includes one for wearing, one for drying, and one for rotation. Women should consider bringing cotton underwear for hygiene purposes, however if you are accustomed to synthetic, this is great also.	

Lower Body Layers (Continued)					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Expedition-Weight Fleece Pants	\$15	Rent	1	These should fit comfortably over one pair of your long underwear. Bibs or shelled fleece are acceptable, but unnecessarily heavy. A full-length zipper along the outer pant leg is convenient for changing layers without removing boots.	
Wind Pants	Purchase Only	\$65	1	These are hiking pants. Breathable, single-layer nylon hiking pants (not waterproof) to fit comfortably over lightweight long underwear. Reinforced knees and seat are strongly recommended. Wind pants designed and made especially for NOLS are available at NOLS Patagonia for purchase only . They are also available at the NOLS online store.	
Rain Pants	Purchase Only	\$95-110	1	Required. A light-weight, strong pant works best in mountain travel. A full-length zipper is convenient for changing layers without removing boots. NOLS Patagonia has light rain pants without zippers by Patagonia or Mountain Hardware for sale.	

Head, Neck & Hand Layers					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Liner Gloves	Purchase Only	\$12	1	These are recommended as a versatile glove system option for both the kayak and mountain sections.	
Insulating Mittens / Gloves	Purchase Only	\$15	1	Required. Wool or synthetic. They can be combined with the liner gloves for added warmth. NOLS Patagonia has fleece gloves for sale.	
Nylon Mitten Shells	\$15	Rent	1	Required. Must fit over other hand layers. Coated nylon or Gore-Tex models are great options. Many companies make glove or mitten shells with removable fleece liners. If you have one of these models you are probably good to go. NOLS Patagonia has OR mitten shells for rent.	
Neoprene Gloves	Not Available from NOLS	Not Available from NOLS	1	Optional. Neoprene gloves could be worn on the sea and in the mountains for warm-while-wet protection. NOLS Patagonia does not stock these.	
Poggies	\$5	Rent	1	Required. An insulating neoprene hand layer that fits over a paddle shaft for cold, wet days on the water.	
Wool/Fleece Hat	Purchase Only	\$15	1	Required. A ski hat is fine. Consider ear-flaps for added protection. NOLS sells some handmade hats as well as fleece ones.	
Balaclava/ Neckwarmer	\$10	Rent	1	Optional. Recommended. Fleece, polypropylene or wool to provide protection and insulation in combination with your hat. Balaclavas or silk scarves offer great versatility.	

Head, Neck & Hands (Continued)					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Rain Hat	\$5	Rent	1	Required if you paddling jacket does not have a hood. Primarily for the kayak section to be worn with the storm gear, but lightweight models work well in the mountains, too. This hat is waterproof, large-brimmed and has a chin-strap for windy days. Outdoor Research, Kokatat and Helly Hansen all make quality options. NOLS Patagonia has Helly Hansen rubber rain hats for rent.	
Sun Hat	Purchase Only	\$12-15	1	Required. Consider a full brim for maximum protection. A typical baseball cap is acceptable; a nylon model will dry more quickly. NOLS Patagonia has Hemp logo'd and NOLS trucker hats for sale.	

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

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Socks	Purchase Only	\$14	6-8 Pairs	Required. Heavy wool or synthetic socks. Must be 75 to 100% wool, or synthetic (no wool/cotton blends). For the mountain section you will likely be required to take 4-5 pairs, for the kayaking section also 4-5 pairs, and the independent section you will likely take 2-4 pairs. You can use the same 4-5 pairs for all three sections, but we recommend having an extra pair for transitions.	
Neoprene Socks	Not Available from NOLS	Not Available from NOLS	1 Pair	Optional. They can be worn inside the plastic mountain boots or the rubber boots for kayaking, and should be 2 or 3 mm thick. The thicker models with covered seams (e.g., Deep Sea) offer greater durability. Avoid socks with zippers or prominent seams, as these will cause blisters and irritation: avoid hard-soled booties. These socks are available at dive, kayaking, and windsurfing retail shops. NOLS Patagonia does not stock this item.	

Footwear (Continued)					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Gaiters	Purchase Only	\$73	1-2 Pairs	<p>Required. These should come to be just below the knee and need to be large enough to fit over bulky plastic boots. These take a lot of abuse so they must be durable. We recommend Outdoor Research “Crocodile” gaiters - available for sale at NOLS Patagonia. Consider bringing two pairs of gaiters. One large enough to fit over your rented Plastic Boots and a smaller pair to fit over your leather boots during the hiking section. For the mountain section, size XL gaiters fit <i>approximately</i> size 10-12 men’s plastic boots.</p>	
Camp Shoes	Must Bring	Must Bring	1 Pair	<p>Required. For wear around camp. These get a lot of wear but are rarely used for hiking, so a very light running shoe or sneaker is recommended. Leather hiking boots or open-toed shoes are NOT acceptable. Students and instructors have suggested CROCS as a useful camp shoe, so long as the shoe does NOT HAVE HOLES.</p> <p>On issue day, depending on the route for the mountain section, your instructors may require fleece/synthetic booties to be taken for camp shoes, therefore we do not recommend going out and buying camp shoes as it may be unnecessary, bring lightweight sneakers you already own.</p>	

Footwear (Continued)					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Rubber Boots "Wellingtons"	\$25	Rent	1 Pair	<p>Required. During the kayaking section, calf to knee-high rubber boots that fit comfortably with two pairs of wool socks will be worn while kayaking and camping.</p> <p>If you have a shoe size of 12 or larger, we recommend that you <i>also</i> look into buying a pair of hard soled neoprene booties to wear as your paddling shoes because big boots can be difficult or uncomfortable to wear inside the kayak. NRS and Chota make a tall, low profile neoprene bootie worth checking out.</p> <p>If you own a pair of boots that meet the above requirements, you can bring those. Extra-tuff and LaCrosse are recommended brands. NOLS has men's sizes 7-13 ExtraTuffs. If your feet are larger than a 12, you must bring your own rubber boots, as we cannot guarantee size availability.</p>	
Wool Felt Insoles	Purchase Only	\$5	1 Pair	<p>Optional. This is a highly recommended item to use inside of the rubber boots. They offer good insulation when stepping into cold water. NOLS Patagonia has Lacrosse felt insoles for sale.</p>	
Plastic Mountaineering Boots	\$90	Rent	1 Pair	<p>Required. A plastic double-boot (insulated inner bootie plus plastic outer shell) is hard to beat for its lightweight warmth and water resistance. 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 and 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. Expensive liner boots are not necessary, but staff generally retrofit their plastic boots with Intuition liners for greater warmth and shorter drying times.. NOLS Patagonia has Scarpa Inverno, Koflach Degree, and a few Koflach Viva Soft boots for rent in sizes 5.5 - 15.</p> <p>See: Fitting Plastic Boot Fitting Instructions.</p> <p>If your feet are larger than a size 13, please contact NOLS Patagonia to see if we have your size available or to get help finding a pair elsewhere.</p>	

Footwear (Continued)					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Pile Booties	\$10	Rent	1 Pair	<p>Optional. An alternative to camp shoes during the mountain section. Pile or synthetic-fill booties with insoles for wearing inside your plastic boot shells in snow or ice camps are recommended. They are also a nice, lightweight comfort item for in the field. If pile, look for double layer 300 weight. NOLS has pile booties for rent. Down booties are not acceptable.</p> <p>Depending on the route you will be required to carry camp shoes instead of booties. Please keep this in mind when deciding to buy a pair of insulated booties you may not need them during your mountain section.</p>	
Hiking Insoles	Not Available from NOLS	Not Available from NOLS	1-2 Pair	<p>Strongly recommended. These can be removed from a pair of running or hiking shoes or purchased separately, Mysole or Smartfeet are recommended brands. They would be used with the plastic mountaineering boots. NOLS Patagonia does not have hiking insoles for sale.</p>	
Leather Hiking Boots	Not Available from NOLS	Not Available from NOLS	1 Pair	<p>Strongly recommended. These boots will only be used on your independent student group travel section; you can use the plastic boots from the mountain section if you prefer. Leather boots are not available at NOLS Patagonia, so you must bring your own. They should fit comfortably with two pairs of wool or synthetic socks.</p>	

Sleeping Gear					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Sleeping Bag	\$90	\$190-\$210	1	<p>Required. NOLS Patagonia has Mountain Hardwear, Lamina 0 (-18 Celsius), synthetic sleeping bags for rent. The rental fee covers the entire course.</p> <p>If you decide to bring your own sleeping bag, consider these things: We require a synthetic fill sleeping bag (Polarguard, for example) with a hood. The bag should have a temperature rating of 0 to 15° Fahrenheit. Down is <u>not</u> acceptable, nor are bags with cotton linings.</p>	

Sleeping Gear (Continued)					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Sleeping Pad	Purchase Only	\$45-60	1	Required. Choose either a closed-cell foam pad of 3/8 inches thickness or an inflatable sleeping pad. If you are buying an inflatable pad, opt for a lightweight model and select the shortest necessary length. Therm-a-rest is a recommended brand. Pads need not extend from head to toe as you can use the “half pad” to make up the difference. NOLS has Bridge Outdoor pads available for sale.	
Half Pad	\$2	Rent	1	Recommended. A half-pad will be carried in the mountains to increase insulation while on snow and to serve as portable seat for meetings. This can be a short-cut piece of ensolite, 2-3 ft. long. This option is lighter than a crazy creek chair for the mountain section.	
Compression Stuff Sack	\$5	Rent	1-2	Required. This is to pack your sleeping bag and clothing layers that you will not need to access during the day.	
Sleeping Pad Stuff Sack	Not Available from NOLS	Not Available from NOLS	1	Recommended, but not required. A nylon sack to protect the environment from your ensolite/Therma-Rest and vice versa.	

Packs & Bags					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Backpack	\$100	Rent	1	Required. Many packs on the market are not large enough to handle the amount of gear we carry or to withstand the use we give them. Internal frame packs are preferable for this semester given their durability and ease of shipping and handling. Your pack must have enough room to comfortably hold 55 to 80 pounds of equipment (90-110 Liters). Reliable brands include Dana Designs, Osprey, Lowe, Gregory, and Deuter. If you don't already own a pack, consider renting a NOLS one to try it out. If you bring your own pack it will have to be approved by your instructors before use on the course. NOLS has Lowe Alping backpacks (Small size), Dana Design (Small and Medium), Deuter (Regular and Regular with smaller waist band) and Osprey (XS, Small/Medium and Large/XLarge) for rent in Patagonia. NOLS online store (www.nols.edu/store) has the same Deuter packs as NOLS Patagonia stocks, for sale.	

Packs & Bags (Continued)					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Small Nylon Stuff Sacks	\$1	Rent	2-3	Recommended to organize gear in your pack. Bringing a smaller one with a zipper is recommended for the kayaking section.	
Medium Nylon Bag	\$5	Rent	1	Required. A medium-sized, very lightweight zip bag or stuff sack helps to organize and protect clothing in your boat or backpack.	
Heavy Duty Trash Bags	Purchase Only	\$1.50	6-8	Required. The Chilean stores don't stock strong compactor bags in small or regular sizes. We suggest you to bring some from home in both large and small volumes. These are used to waterproof your clothing and sleeping bag.	
Kayak Dry Bag	Purchase Only	\$27-\$35	2	Recommended. Medium size (15-20 L) for packing clothes in the boats. A nylon stuff sack or zip bag lined with a plastic bag is an easy alternative that works great.	
Boat Bag	\$15	Rent	1	Required. This is a large, but lightweight, Cordura zip duffel that is used for storing all your smaller bags while in camp during the kayaking section. We recommend renting one of ours, as this item tends to take a lot of abuse. If you choose to bring your own, make sure it is made of a sturdy fabric, with a strong zipper, and that it will roll up to a small size for storing in your kayak while traveling.	

Mountain Gear					
NOLS Patagonia rents these items for a minimal charge. If you bring your own, it must meet our specifications. Feel free to contact us ahead of time for assistance selecting gear.					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Crampons	\$15	Rent	1	Required. Used for glacier travel and ice climbing. NOLS uses Grivell 12-point, step-in crampons. These must fit the plastic boots you wear during the mountain section. NOLS Patagonia's boots have both heel and toe welts.	
Harness	\$11	Rent	1	Required. We use Black Diamond Alpine Bod harnesses. This must fit over all of your warm, and rain layers, in the mountain section.	
Ice Axe	No Charge	Group Gear	1	Required. 55cm-75cm in length depending on height. If purchasing your own, the Black Diamond Raven is a good example and should be sized to fit you for the purpose of general mountaineering, not ice climbing or steep angle mountaineering.	
Accessory Cord	Purchase Only	\$0.75/foot	1	Required. 6 mm static cord. This is best to buy from NOLS as each course uses different lengths. Average requirement is about 18 feet.	

Miscellaneous Items					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Sunglasses With Detachable Side Shields or Glacier Glasses	Purchase Only	\$53-\$76	1	Required. Glasses should transmit no more than 10% visible light and be at least 97% UV protected. (The drugstore counter varieties are most likely inappropriate for your needs; head for the outdoor stores.) 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 shields are needed while on snow. If you already own a good pair of sunglasses already, try purchasing or making side shields for them. NOLS Patagonia has Optic Nerve sunglasses for sale.	
Extra Glasses or Contacts	Must Bring	Must Bring	1	Required. 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.	
Cotton Bandanas	Purchase Only	\$2.50	1-3	Required. Useful for all sorts of things.	
Hand Sanitizer	Purchase Only	\$2	3	Required. One travel-sized bottle is required for each section of your course. You can choose to bring your own small bottles or purchase them at NOLS Patagonia.	
Head Lamp	Purchase Only	\$40	1	Required. Lightweight is preferable. Lithium battery headlamps work well in cold weather. NOLS Patagonia recommends Petzl and Black Diamond headlamps.	
Extra Bulb For Headlamp	Must Bring	Must Bring	1	Bring an extra set to put in your transition bag for the second part of your semester.	
Batteries (AA, AAA)	Purchase Only	\$0,75 Each	3 Sets	Recommended.	
Notepad	Purchase Only	\$9	1	Required. Strongly recommended for classes. Notebooks will be required for class notes and are nice to have for personal writing. NOLS Patagonia sells NOLS Expedition Journals.	
Pen/Pencil	Purchase Only	\$0,50	Several	Required. Bring more than one writing utensil.	
Sunscreen	Purchase Only	\$16	2	Required. (2 medium tubes) Should have a sun protection factor (SPF) of at least 30 and should be water repellent. Used for both mountaineering and sea kayaking.	
Lip Balm	Purchase Only	\$4.50	1-2	Required. SPF 15 or greater. Carmex is not suitable, as it has no sunscreen.	

Miscellaneous Items (Continued)					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Toiletry Items	Must Bring	Must Bring		Required. Hygiene is very important. 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	Purchase Only	\$10	1	Required. 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.	
Bowl (Ideally With Lid)	Purchase Only	\$4	1	Required. Chilean market doesn't offer any model of bowl that is sturdy enough to last a complete NOLS course. They all seem to crack and break easily. We recommend you to bring your bowl from home. We highly recommend that your bowl have a tight lid to carry leftovers on the trail. Nalgene and Tupperware are good options, and Rubbermade makes the "Flex & Seal" medium sized bowl, which has proven to be another good option.	
Spoon	Purchase Only	\$1	1	Required. This must be durable – helps if it fits in your bowl. It could be a spork if you prefer.	
Water Bottle	Purchase Only	\$12-\$14	1-2	Required. 2-Liter capacity. Wide mouth is convenient. Should be indestructible! Consider bringing an additional 1/2 L bottle instead of a mug. 16 oz NOLS water bottles are available for sale. 2, 1 Liter bottles is great.	
Hydration System	Purchase Only	\$42	1	Optional. Recommended. Water bag with drinking tube that can fit in a backpack or on the deck of a kayak. Camelback, Platypus and MSR all make excellent systems. If bringing a 2 Liter hydration system is it also often required to have a back up bottle of 1/2- 1 L capacity in case the bag is damaged.	
Watch	Must Bring	Must Bring	1	Required. Waterproof, with an alarm. Bring your own watch or buy in your travels before the start of the course!	
Lighter	Purchase Only	\$2.50	2-3	Required. For starting stoves and fires.	
Small Waterproof Bags	Not Available from NOLS	Not Available from NOLS	1	Optional. Recommended. For books, passport, papers, etc. Nothing bigger than 8" X 12". Zip-lock bags or small stuff sacks lined with a plastic bag are excellent options.	
Passport	Must Bring	Must Bring	1	Required. Bring an extra photocopy of the identification page to take into the field with you (ideally plasticized) 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.	

Important !!!

Keep in mind that small items as sunscreen, lip balm, bandanas, watch, trash bags, batteries could be cheaper and easier to buy 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.

“Rendezvous” (Transition) Items

Prior to leaving for the field, you will have the opportunity to pack a small bag of items that will meet you between sections at the semester “rendezvous.” This is an opportunity to re-supply items that you “use up” so that you do not have to carry a 75-day supply from the get-go. Such items include chocolate, coffee, toothpaste, sunscreen, film, batteries, contact solution, tampons, underwear, socks and the like. In addition, past students have suggested bringing two sets of synthetic long underwear so that you have the chance to start the new section off with a fresh set. **This is entirely optional!**

Optional Items					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Trekking Poles	Purchase Only	\$115	1	These are not required but some people like using them. Collapsible poles are easier to pack and carry, especially when bushwhacking.	
Camera & Film	Not Available from NOLS	Not Available from NOLS	1	You will want a protective, waterproof container. Keep this light and simple, as you will have to carry the extra weight! Dry boxes and dry bags are available from most outdoor stores. Because of the likelihood of adverse weather, avid photographers may be interested in bringing a small “point and shoot.” Keep in mind that dry boxes larger than approx. 8" x 10" will not be allowed in the cockpit of your kayak, nor on deck, while traveling, for safety reasons.	
Knife	Not Available from NOLS	Not Available from NOLS	1	A small, lightweight, single blade is all that is needed. To prevent the knife from opening accidentally, a knife with a locking system is recommended.	
Thermos	Purchase Only	\$20	1	Highly recommended! A good quality, non-breakable thermos is great on the kayak section to keep water hot for quick drinks and emergencies.	
Book	Not Available from NOLS	Not Available from NOLS	1	One is fine. When you’re done, you can trade with a tent-mate.	
Umbrella	Not Available from NOLS	Not Available from NOLS	1	A big golf one! We know, you think it's a joke, but some people won't go kayaking without one.	
English/ Spanish Pocket Dictionary & Phrase Book	Not Available from NOLS	Not Available from NOLS	1	Helpful for traveling and learning Spanish. Plastic bindings are best.	
Photos Of Family, Friends & Home	Not Available from NOLS	Not Available from NOLS	1	It’s great to have photos of your community back home to share with people you meet. Chileans are very family oriented and will often ask about your family and hometown.	



Optional Items (Continued)					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Crazy Creek Chair	Not Available from NOLS	Not Available from NOLS		It will probably be too heavy to carry in the mountains, but past students recommend a chair for the kayaking section.	
Coffee	Not Available from NOLS	Not Available from NOLS		We recommend you bring your own, as supplies in Coyhaique are mostly instant coffee.	
Insect Repellant	Not Available from NOLS	Not Available from NOLS	1	Past students recommend bringing a small bottle.	
Multivitamin	Not Available from NOLS	Not Available from NOLS		Past students recommend bringing a one-a-day or Centrum type multi-vitamin. Others recommend Emergen-C type drink mix packets.	
Energy Bars	Not Available from NOLS	Not Available from NOLS		Some students in the past have recommended bringing a few of these from home such as Clif Bars, Luna Bars, Power Bars, etc. Keep in mind that NOLS rations provide snacks/trail food locally purchased in Chile. NOLS Patagonia stocks chocolate bars and Nature Granola Bars.	
Pre/Post-Course Toiletries	Not Available from NOLS	Not Available from NOLS		Small towel, shampoo, soap, deodorant. Only for pre and post-course use. Travel-size.	

Group Gear		
<p>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.</p> <p>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!</p> <p>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 \$700.00 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.</p> <table border="0" style="width: 100%;"> <tr> <td style="vertical-align: top;"> <ul style="list-style-type: none"> Personal Flotation Device (PFD) Climbing Ropes and Helmets Kayaks, Spray Skirts, Paddles Climbing Hardware and Slings Multi-Fuel Stove and Cook Gear Fuel Bottles </td> <td style="vertical-align: top;"> <ul style="list-style-type: none"> Snow Shovels Tents Food Bags Repair Kits Maps Compasses </td> </tr> </table>	<ul style="list-style-type: none"> Personal Flotation Device (PFD) Climbing Ropes and Helmets Kayaks, Spray Skirts, Paddles Climbing Hardware and Slings Multi-Fuel Stove and Cook Gear Fuel Bottles 	<ul style="list-style-type: none"> Snow Shovels Tents Food Bags Repair Kits Maps Compasses
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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.

Plastic Boot Fitting Instructions

If you plan to purchase plastic boots before coming to Patagonia, or if you need to check the fit of boots you already own, **please read the following tips:**

- 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.
- 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.
- 3) When trying on plastic boots, remove the **inner** 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.
- 4) If the boot passes the above test, put on one pair of heavy wool socks or thick neoprene socks and put on the **whole boot**, 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.
- 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 in-step 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.
- 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.
- 7) Consider renting these boots from NOLS to gain experience using plastic boots before investing in a pair of personal boots. In case you decide to buy your own, just remember: take your time and shop around; do research and try a bunch of pairs on. 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.

If you have any questions, please do not hesitate to contact the Admissions Office, NOLS, 284 Lincoln Street, Lander, WY 82520 or phone 800-710-6657, 8:00 a.m. to 5:00 p.m. mountain time, Monday through Friday.

