

# Equipment List

## Semester For Outdoor Educators

**Welcome to NOLS!** We look forward to having you with us at NOLS Rocky Mountain. Please take time to read the following information before making your equipment choices.

Equipment selection and care is an essential wilderness skill. There is a bewildering variety of equipment on today's market. NOLS Rocky Mountain provides an Outfitting Department for our students for this very reason. We are a full-service retail store and rental facility for outdoor equipment and clothing. We have expert staff with over 40 years experience that can completely outfit you from head-to-toe for your expedition needs. The products that we carry have been selected for and field-tested on NOLS Rocky Mountain courses.

There are three options to help guide your gear purchasing process:

- 1) Purchase from us. We have a full retail store with experienced staff that can outfit you completely, tailoring your options according to route, weather, and time of year. This will guarantee you will get only the equipment you need with no extra purchases.
- 2) Already have items? Bring them along! Your instructors will inspect your gear and determine if it is suitable for your course. If an item is not approved, you can leave it with your luggage in our storage lockers.
- 3) Want to shop before your course begins? Visit our preferred retailers—additional info below.

We understand that the equipment list may be daunting. That is why when you purchase or rent from us, our experts will provide you with some of the best gear, boots and clothing on the market, at a reasonable price, with consideration of the route, weather, and time of year you are traveling. Who knows—maybe you'll even save money on any extra airline fees, such as extra baggage costs and/or overweight luggage fees on your travels to NOLS Rocky Mountain?

If you already own gear or clothing, you are welcome to bring any of the items on the equipment list. We are big advocates of re-using or recycling where appropriate. As mentioned, your instructors will inspect your gear and determine if it is suitable for your course. If an item is not approved, you can leave it with your luggage in our storage lockers.

If you wish to buy gear before your course start, consider our preferred retailers. Preferred retailers are retail stores whose staff is familiar with NOLS. Note: If you buy a new piece of gear or clothing for the course, please keep the tags on the item and save your receipt. That way, you have the opportunity to return your purchases if necessary. Ask the NOLS Admission Office about Preferred Retailers in your area by calling 800-710-6657 or visit [www.nols.edu](http://www.nols.edu) and search for “preferred retailers.”

The availability of each item may be indicated as follows:

- Purchase Only: The item is available at NOLS for PURCHASE ONLY.
- Must Bring: The item is NOT AVAILABLE at NOLS.

**Rental prices cover the entire course. All prices are subject to change.**

In addition to your course tuition, you have been billed an equipment rental deposit. This deposit will be applied directly to the charges you incur for equipment rental, cleaning, purchase of personal items, and any loss or damage to our gear. Total charges will vary depending upon the amount of equipment that you rent or purchase from us. The equipment rental and purchase prices located in the gear checklist will allow you to estimate your charges. If your bill is less than the deposit, the difference will be refunded to you by mail. If you think that your bill may exceed the deposit, please bring cash, travelers' checks, a personal check, Visa or MasterCard to cover the excess. If you do not have a means for payment, we will bill 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 Rocky Mountain Outfitting at (307) 332-1422 or (307) 332-4784 | [outfitting@nols.edu](mailto:outfitting@nols.edu) | [www.nols.edu](http://www.nols.edu).



### Upper Body Layers

We layer our clothing, combining different garments to achieve optimum insulation and protection from wind, rain and snow. We use either synthetic or wool fibers, which insulate when wet. We avoid cotton, which is poor insulation when wet. During spring, early summer and fall, it's common to need 3 insulating layers and a vest.

| Equipment                       | Rental Price  | Purchase Price | Quantity | Comments  | Check List |
|---------------------------------|---------------|----------------|----------|---|------------|
| Base Layer Mid-Weight Synthetic | Purchase Only | \$45-\$60      | 1        | Mid-weight underwear top made of wool, polypropylene, Capilene® or ZeO2™.   |            |
| Middle Layer (Fleece Pullover)  | Purchase Only | \$65-\$95      | 1        | Polyester fleece pullover/expedition weight top of Polartec® 100 or 200, fiberfill jacket or a wool sweater.  |            |
| Top Layer (Synthetic Jacket)    | Purchase Only | \$190          | 1        | Synthetic full-zip fiberfill jacket. We carry the Mountain Hardwear Compressor jacket with hood.  |            |
| Wind Shirt / Anorak             | \$20          | \$55-\$80      | 1        | A lightweight, breathable, durable nylon wind shell in either pullover or parka style. Lightweight nylon exercise jackets usually are not sturdy enough to survive a NOLS course. |            |
| Rain Parka                      | Purchase Only | \$120          | 1        | A sturdy, roomy waterproof jacket with a hood. Both coated nylon and breathable fabrics such as Gore-Tex® are acceptable.   |            |
| T-Shirt                         | Purchase Only | \$17-\$40      | 1        | A cotton or lightweight polyester/Capilene T-shirt.   |            |

Our advice? Bring the sweaters, fleece jackets and other layers you think might work. We'll advise you on the best combination for your course, the season and area. Synthetic puffy jackets are highly recommended.

### Lower Body Layers

You will need 1-2 synthetic insulating layers (usually an under layer and in early fall, a pair of fleece pants). All must fit comfortably over each other so that they can be worn at the same time.

| Equipment                           | Rental Price  | Purchase Price | Quantity | Comments  | Check List |
|-------------------------------------|---------------|----------------|----------|---|------------|
| Base Layer Mid-Weight Synthetic     | Purchase Only | \$40           | 1 pair   | Mid-weight bottoms of high performance polyester, polypropylene, ZeO2 or Capilene®. Cotton and cotton blends are not acceptable.  |            |
| Middle Layer (Exp-Weight Synthetic) | Purchase Only | \$60           | 1 pair   | Expedition-weight bottoms that fit comfortably over the under layer bottoms.  |            |
| Fleece Pants                        | \$20          | \$45-\$60      | 1 pair   | Polartec® 200 or equivalent. Side zippers (full length, or knee high) make it easier to put pants on over hiking boots. Optional for August courses.  |            |
| Wind Pants                          | \$20          | \$60           | 1 pair   | Nylon shell pants. These should fit comfortably over all lower-body layers. Side-zippers allow the pants to be put on over boots. Breathable fabrics such as Gore-Tex are acceptable, but lightweight 'running pants' are NOT durable enough. If you own Gore-Tex bibs, bring them. We recommend renting NOLS wind pants. They are the most popular piece of equipment NOLS has designed. Many students purchase their wind-pants at the end of their course. |            |



| Lower Body Layers (Continued)   |               |                |          |  |            |
|---|---------------|----------------|----------|--|------------|
| Equipment   | Rental Price  | Purchase Price | Quantity | Comments   | Check List |
| Rain Pants  | Purchase Only | \$90           | 1 pair   | Optional. Some people like to use rain pants in conjunction with a rain jacket.  |            |
| Nylon Shorts  | Purchase Only | \$40-\$60      | 1 pair   | Loose-fitting nylon athletic shorts.   |            |
| Briefs/<br>Sports Bras  | Purchase Only | \$23-\$30      | 1 pair   | Optional. Silk, synthetic or none. We recommend that men go with out underwear, and just use nylon athletic shorts with liners. Women should use what's comfortable. |            |
| Our advice? Bring the synthetic or wool long johns, fleece or exercise pants you think might work. We'll advise you on the best combination for your course, the season and area. |               |                |          |  |            |

| Head, Neck & Hand Layers  |               |                |           |  |            |
|---|---------------|----------------|-----------|--|------------|
| Equipment   | Rental Price  | Purchase Price | Quantity  | Comments   | Check List |
| Baseball Cap or Wide Brim Sun Hat   | Purchase Only | \$18.95        | 1         | To protect ears and face from the sun.   |            |
| Balaclava   | \$6           | \$17           | 1         | Optional. Balaclavas are full head and neck coverings with an opening for the face. They are usually made out of Polartec® 100 or 200 fleece. We usually use these on winter sections. |            |
| Wool or Fleece Hat  | \$6           | \$15-\$21      | 1         | A warm hat made of wool or fleece.   |            |
| Gloves  | Purchase Only | \$15-\$60      | 1-2 pairs | Ragg wool or synthetic (fleece).   |            |
| Mittens   | Purchase Only | \$10-\$40      | 1 pair    | Ragg wool or synthetic (fleece).   |            |
| Mitten Shells   | \$8           | \$21-\$38      | 1 pair    | Water-repellent nylon or Gore-Tex® shells that fit over your mittens or gloves.  |            |
| Our advice? As long as they're not cotton, bring your gloves and mittens. We'll check them and see if they'll work. Depending on the route, weather and semester activity you may need two pairs. |               |                |           |  |            |

| Packs & Bags  |              |                |          |  |            |
|---|--------------|----------------|----------|--|------------|
| Equipment   | Rental Price | Purchase Price | Quantity | Comments   | Check List |
| Backpack  | \$100        | \$305          | 1        | Our packs are large expedition packs with a volume of 6100 or 6500 cubic inches made by Deuter exclusively for NOLS. <b>If you bring an internal frame pack, it will be examined by your instructors to determine its suitability for your course and route. It must have a volume of 6100 to 6500 inches.</b> |            |
| Lash Straps   | \$1          | \$4            | 1 pair   | We use these to lash gear/sleeping pad to a pack; at least 24" long.   |            |
| Small Stuff Sacks   | \$1          | \$4            | 2 or 3   | 2 or 3 small nylon or mesh sacks for organizing items in your pack.  |            |
| Our advice? An expedition backpack 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. |              |                |          |  |            |

### Sleeping Gear

| Equipment  | Rental Price  | Purchase Price | Quantity | Comments   | Check List |
|--|---------------|----------------|----------|--|------------|
| <u>Sleeping Bags</u><br>Fall Sleeping Bag:<br>Winter Sleeping Bag: | \$60<br>\$20  | \$160<br>\$240 | 1<br>1   | Synthetic-filled bags (Quallofil®, Hollofil®, Polarguard®, etc.) perform well in the variety of conditions we encounter on courses. For fall, a bag with approximately 3 pounds of fill rated to 5° or 10° F and having 6-8 inches of loft is required. Fall semesters will <b>also</b> need a bag for winter conditions (synthetic filled bag rated to -15° F). |            |
| Summit/Compression Stuff Sack                                      | \$12          | \$49.95        | 1        | We use the Lowe Attack Summit. It doubles as a compression stuff sack for your sleeping bag and a summit pack for day hikes.   |            |
| Plastic Trash Bags   | Purchase Only | \$0.50         | 2 or 3   | 2-3 heavy-duty lawn and garden or trash compactor bags (33 gallon) to help waterproof your sleeping bag and backpack.  |            |
| Sleeping Pad   | \$6           | \$10           | 1        | Should be closed-cell foam and 3/8" thick. Used for padding and insulation between sleeping bag and ground. We highly recommend and sell self-inflating sleeping mat as one of your pads. Thermarest and Insulmat are great brands.  |            |
| Sleeping Pad Stuff Sack  | \$4           | \$10           | 1        | A nylon stuff sack for the sleeping pad.   |            |
| Ground Cloth   | \$2           | \$8            | 1        | A waterproof nylon sheet to go between your sleeping pad and the ground.   |            |

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.

### Climbing Section

| Equipment             | Rental Price  | Purchase Price | Quantity | Comments   | Check List |
|-----------------------|---------------|----------------|----------|--|------------|
| Leather Gloves        | Purchase Only | \$12           | 1 pair   | Optional. Snug fitting leather gloves for belaying and rappelling.             |            |
| Summit/Day Pack       | \$15          | \$50-\$100     | 1        | A medium-sized daypack with 2400 cubic inch capacity.                          |            |
| Rock Shoes            | \$40          | \$100-140      | 1 pair   | We have a limited supply available for rent.                                   |            |
| Harness               | \$0           | \$50-\$80      | 1        | We have harnesses to rent, free of charge, but if you own one, bring it along. |            |
| Cotton Climbing Pants | Purchase Only | \$75-\$100     | 1        | Optional. Loose fitting pants to protect your legs while climbing.             |            |

Our advice? If you own a harness, helmet, chalk bag and pair of shoes, bring them along. If your instructors approve, you can use them. We will use the school's protection, belay devices, slings, carabiners and ropes.



### Winter Section

Semesters with winter sections will require additional insulation layers, skiing and winter camping gear.

| Equipment              | Rental Price | Purchase Price | Quantity | Comments   | Check List |
|------------------------|--------------|----------------|----------|--|------------|
| Insulated Parka        | \$20         | \$350          | 1        | A synthetic-filled winter parka with hood. It must fit comfortably over all your upper body layers   |            |
| Insulated Pants        | \$20         | \$240          | 1        | Synthetic filled ski warm up pants. Must fit comfortably over all you lower body layers.   |            |
| Insulated Booties      | \$5          | \$45           | 2 pair   | Synthetic filled booties to wear in camp and while sleeping.   |            |
| Insulated Mittens      | \$5          | \$29           | 1 pair   | Synthetic filled mittens that fit over your other mittens and gloves.  |            |
| Overboots              | \$10         | \$85           | 1        | Synthetic filled overboots we wear over the booties as a camp shoe. These are not a "supergaitor."   |            |
| Ski Boots              | \$80         | \$265-425      | 1        | We use the Scarpa T3 or Garmont plastic boot with a cable binding. We stock ski boots in sizes 6 through 13. Your boots will need to fit properly over two pair of socks with an insole. |            |
| Skis, Poles and Skins  | \$45         | \$400          | 1        | We use backcountry telemark skis and bindings.   |            |
| Avalanche Transceivers | \$0          | \$250          | 1        | We'll issue you a transceiver rental free.   |            |

Our advice? Our winter gear is specialized for our expeditions. If you own a pair of ski bibs or pants or a thick winter parka, bring it along and we'll check it. If you have a pair of skis you think might be suitable for the course, give us a call.

### Footwear

| Equipment   | Rental Price  | Purchase Price | Quantity | Comments  | Check List |
|-------------|---------------|----------------|----------|---|------------|
| Boots       | Purchase Only | \$175-\$200    | 1 pair   | Sturdy leather heavy backpacking or light mountaineering boots with good ankle support. Our boot stretching process helps expedite the break-in period of new boots.                |            |
| Socks, Wool | Purchase Only | \$10-\$19      | 4-6      | Heavy ragg wool or heavy ragg wool/polypropylene blend.   |            |
| Liner Socks | Purchase Only | \$5            | 2 or 3   | Optional. Lightweight wool, polypropylene or Capilene® "wick dry" socks. You will need at least two pairs if you are using a liner sock/wool sock combination in your hiking boots. |            |
| Gaiters     | Purchase Only | \$45           | 1 pair   | Knee high, durable.   |            |
| Camp Shoes  | Must Bring    | Must Bring     | 1 pair   | Running, tennis, or cross-training athletic shoes.  |            |

Our advice? You'll be backpacking for two to four weeks. Your boots will be a critical piece of gear. If they're not sturdy, don't provide enough support or don't fit properly with at least a liner and a wool sock, we won't let you use them. If you have any doubts about boots, feel free to give us a call.



## Recommended Boots

Medium-weight, off-trail backpacking/light mountaineering boots work best. This type of backpacking 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 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 boots are acceptable for your course. It is fine to substitute a similar boot for one of the types listed here provided the boot that you bring is a good quality leather model designed for extended backpacking expeditions with heavy packs.

| Examples Of Acceptable Boots*  |
|--|
| <b>Asolo:</b> TPS 520 GV, TPS 535<br><b>Lowa:</b> Topeka, Ranger GTX, Banff<br><b>Garamont:</b> Dakota Syncro GTX, Sitka XCR<br><b>Montrail:</b> Torre GTX<br><b>Oboz:</b> Wind River<br><b>Raichle:</b> Scout GTX, Explorer GTX<br><b>Scarpa:</b> ZG 65 XCR, SL M3, Mustang GTX<br><b>Technica:</b> Galaad NB<br><b>Vasque:</b> Zephyr II, Clarion GTX Sundowner GTX, Wasatch GTX, Summit GTX |

\* Boot manufacturers often rename their product line; please refer to their web sites or call the NOLS Admission Office for advice. **Please refer to your enrollment packet for detailed boot fitting guidelines.**

| Miscellaneous Items                |               |                |               |  |            |
|------------------------------------|---------------|----------------|---------------|--|------------|
| Equipment                          | Rental Price  | Purchase Price | Quantity      | Comments   | Check List |
| Insulated Mug                      | Purchase Only | \$3.50-\$4     | 1             | 12–20 oz. insulated mugs with lids are preferred. Available with NOLS logo.  |            |
| Bowl                               | Purchase Only | \$4            | 1             | A bowl with a snap-on lid is also handy, such as a tupperware bowl.  |            |
| Spoon                              | Purchase Only | \$1            | 1             | Lexan spoons are light, durable and popular.   |            |
| Water Bottle / Hydration Dromedary | Purchase Only | \$12-\$40      | 1             | 1 wide mouth quart or liter size plastic bottle, such as a Nalgene. A Camelback or Platypus is fine.   |            |
| Sunscreen                          | Purchase Only | \$6-9          | 1 per section | A 3–6 ounce tube with sun protection factor (SPF) 15 or greater  |            |
| Lip Balm                           | Purchase Only | \$4            | 1 per section | Stick, cream, or tube type moisturizing balm with SPF 15 or greater.   |            |
| Bandannas                          | Purchase Only | \$2            | 2 or 3        | A few of these are always handy.   |            |
| Sunglasses                         | Purchase Only | \$40-\$150     | 1 pair        | Any good quality sunglasses with 100% UV protection will work fine. If you wear prescription lenses and have limited vision without them, bring your own prescription sunglasses or look for a quality pair of clip-on polarized shades at a specialty-fishing store. Glass lenses will get scratched less than plastic. We sell Optic Nerve and Native Eyewear. Julbo, Smith, Coyote Vision, Oakley, and Bausch & Lomb are good brands. |            |



| Miscellaneous Items (Continued)   |               |                |              |   |            |
|---|---------------|----------------|--------------|---|------------|
| Equipment   | Rental Price  | Purchase Price | Quantity     | Comments  | Check List |
| Glasses And Contact Lenses  | Must Bring    | Must Bring     | 1 or 2 pairs | Optional. Bring a spare pair.   |            |
| Sunglass Retainers  | Purchase Only | \$5            | 1            | Chums® or Croakies® for keeping track of your glasses or sunglasses.  |            |
| Head Lamp/Flashlight  | Purchase Only | \$29-40        | 1            | Durable and lightweight. Headlamps are popular. Bring spare batteries.  |            |
| Disposable Lighters   | Purchase Only | \$1.50         | 2            | Use for lighting your camp stove.   |            |
| Insect Repellent  | Purchase Only | \$5            | 1 or 2       | 1-2 small bottles. No aerosol spray cans.   |            |
| Hand Sanitizer  | Purchase Only | \$2            | 2            | Bring two, 2 oz bottles.  |            |
| Toilet Articles   | Must Bring    | Must Bring     | 1            | Toothbrush, toothpaste, comb, brush, skin lotion, tampons. Travel or trial sizes are enough. Bring your own.  |            |
| Watch   | Purchase Only | \$20-65        | 1            | A watch with an alarm is a nice feature.  |            |
| Notepad and Pencil  | Must Bring    | Must Bring     | 1            | A small, lightweight pad is fine.   |            |
| Candles   | Purchase Only | \$0.50         | 1 or 2       | Optional. 1 or 2 Plumbers candles.  |            |
| Pocket Knife  | Purchase Only | \$20-45        | 1            | One small knife is sufficient; simple Swiss Army knives are popular.  |            |
| Camp Chair  | Purchase Only | \$18.95        | 1            | Optional. Chairs, such as Crazy Creek, are nice to have for base camp settings but not necessary.   |            |
| Thermos   | Purchase Only | \$38-\$42      | 1            | Optional. Insulated 1-quart thermos for winter section.   |            |
| Town Clothes  | Must Bring    | Must Bring     | 1            | Optional. Student and staff recommendation. You won't take these into the field, but to wear around town consider 2-3 shirts or sweatshirts; 2 pairs pants or a skirt; a jacket or sweater; a pair of casual shoes; additional toiletries (shampoo, soap, razor, etc.). |            |
| Our advice? Keep the toiletries, pocketknife and camera gear to small sizes. We work to keep our pack weight as low as possible, but packs can be heavy. Saving every ounce is essential! |               |                |              |   |            |

| Group Equipment  |                       |                          |                       |
|--|-----------------------|--------------------------|-----------------------|
| 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   | Binoculars               | Maps & Compass        |
| Camp Stoves  | Climbing Ropes        | First Aid Kits           | Reference Books       |
| Fuel and Fuel Bottles  | Helmets and Harnesses | Snowshoes (if necessary) | Equipment Repair Kits |
| Cooking Gear   | Ice Axes              | Fishing Equipment        | Trowels or Shovels    |
| Bear Resistant Food Containers   |                       |                          |                       |