

Equipment List

Professional Instructors Course

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 who 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.

Here 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.. 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 to the route, weather, and time of year you are traveling.

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-NOLS (6657) or by visiting www.nols.edu.

Purchase at NOLS RM- Indicates that the item is available at NOLS for PURCHASE ONLY.

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

Rental Price- Indicates that the item is available at NO COST.

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, personal check, Visa or MasterCard to cover the excess. If you do not have a form of 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: | (307) 332-1422 | outfitting@nols.edu | www.nols.edu/lander/outfitting |



Upper Body Layer

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. It is common to need 3 insulating layers and a vest.

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Under Layer (Mid-Weight Synthetic)	Purchase at NOLS RM	\$40-\$60	1	Mid-weight underwear top made of wool, polypropylene, Capilene® or ZeO2™.	
Middle Layer (Fleece Pullover)	Purchase at NOLS RM	\$50-\$60	1	Polyester fleece pullover/expedition weight top of Polartec® 100 or 200, fiberfill jacket or a wool sweater.	
Top Layer (Synthetic Jacket)	\$0	\$50-\$75	1	Heavyweight, full-length zip fleece or fiberfill jacket of Polartec® 300 or equivalent weight.	
Wind Shirt / Anorak	\$0	\$55	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 Jacket	Purchase at NOLS RM	\$120-\$150	1	A sturdy, roomy waterproof jacket with a hood. Both coated nylon and breathable fabrics such as Gore-Tex® are acceptable.	
T-Shirt	Purchase at NOLS RM	\$18-\$30	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.

Lower Body Layer

You will need 1-2 synthetic insulating layers (usually an under layer and in early summer, a pair of fleece pants). All must fit comfortably over each other so that they can be worn at the same time. If you tend to get cold easily, add a middle layer of mid-weight bottoms to the under layer and fleece pants.

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Under Layer (Mid-Weight Synthetic)	Purchase Only	\$30-\$45	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	\$40-\$60	1 pair	Expedition-weight bottoms that fit comfortably over the under layer bottoms.	
Wind Pants	\$0	\$60	1 pair	Breathable nylon wind pants that are roomy enough to fit over all lower body garments. Gore-Tex® wind pants are acceptable and can double as rain pants. Zippered legs will help you slip your pants on over hiking boots. Lightweight running pants are not durable enough.	



Lower Body Layers (Continued)					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Rain Pants	Purchase Only	\$90-110	1 pair	Optional. Although not required, some people like to use rain pants in conjunction with a rain jacket.	
Nylon Shorts	Purchase Only	\$36-\$48	1 pair	Loose-fitting nylon athletic shorts.	
Briefs/ Sports Bras	Purchase Only	\$18-\$32	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, but avoid cotton if possible.	
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 and 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	\$0	\$17	1	Optional. Full head and neck coverings that have an opening for the face, usually of Polartec® 100 or 200 fleece.	
Wool Or Fleece Hat	Purchase Only	\$15-\$20	1	A warm hat made of wool or fleece.	
Mosquito Headnet	Purchase Only	\$6	1	A light nylon headnet.	
Gloves	Purchase Only	\$15-\$30	1 pair	Ragg wool or synthetic (fleece).	
Mittens	Purchase Only	\$7-\$17	1 pair	Optional for August courses. Ragg wool or synthetic (fleece). Mountaineering courses may need 2 pr.	
Mitten Shells	\$0	\$21-\$38	1 pair	Optional except for courses beginning before June 25. 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. You may need one pair, or depending on the weather, you may need two pairs.					

Packs & Bags					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Backpack	\$0	\$305	1	Our packs are large, expedition packs with a volume of 6300 to 7000 cubic inches.	
Lash Straps	\$0	\$4	1 pair	We use these to lash gear/sleeping pad to a pack; at least 24" long.	
Summit/Day Pack	\$0	\$50-\$100	1	For storing your sleeping bag.	

Packs & Bags (Continued)					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Small Stuff Sacks	\$0	\$4	2 or 3	2 or 3 small nylon or mesh sacks for organizing items in your pack.	
Zip (Duffel) Bag	\$0	\$12	1	A lightweight medium-sized zippered nylon bag (approximately 12" x 24") is used as part of our packing system.	

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
Sleeping Bag	\$0	\$180	1	Synthetic-filled bags (Quallofil®, Hollofil®, Polarguard®, etc.) perform well in the variety of conditions we encounter. A bag with approximately 3 pounds of fill rated to 5° or 10° F.	
Compression Stuff Sack	\$0	\$49.95	1	Compression stuff sacks are used with internal frame packs.	
Plastic Trash Bags	Purchase Only	\$.50	2 or 3	2-3 heavy-duty lawn and garden bags (33 gallon) to help waterproof your sleeping bag and backpack.	
Sleeping Pad	\$0	\$15-\$75	1	A full-length, closed-cell foam pad to insulate and pad between the ground and your sleeping bag.	
Sleeping Pad Stuff Sack	\$0	\$10	1	A nylon stuff sack for the sleeping pad.	

Our advice? A sleeping bag is another major purchase. If you don't already own one, we think you should use ours, gain some experience, then make an informed decision on your needs.

Climbing Equipment					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Rock Shoes	\$0	\$80-140	1 pair	Required for Instructor and Educator Courses. We have a limited quantity for rent.	
Harness	\$0	\$70	1	We have harnesses to rent, free of charge, but if you own one, bring it along.	

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

Miscellaneous Items					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Insulated Mug	Purchase Only	\$3.50-4	1	12 oz. or 20 oz. insulated mugs with lids are preferred.	

Miscellaneous Items (Continued)					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Bowl	Purchase Only	\$7	1	A bowl with a snap-on lid is also handy.	
Spoon	Purchase Only	\$1	1	Lexan spoons are light, durable and popular.	
Water Bottle	Purchase Only	\$13-30	1	1 wide mouth quart or liter size plastic bottle.	
Lip Balm	Purchase Only	\$3	1	Stick, cream, or tube type moisturizing balm with sun protection factor (SPF) 15 or greater	
Sunscreen	Purchase Only	\$7-9	1	A 3 to 6 ounce tube with sun protection factor (SPF) 15 or greater	
Bandanas	Purchase Only	\$2	2 or 3	A few of these are always handy.	
Sunglasses	Purchase Only	\$50-\$130	1 pair	Lenses should block 100% ultraviolet and 95% infrared light.	
Glasses And Contact Lenses	Must Bring	Must Bring	1 or 2 pair	Bring a spare pair.	
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	\$4	1 or 2	1-2 small bottles. No aerosol spray cans.	
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.	
Instant Hand Sanitizer	Purchase Only	\$2	2	Must have 2 oz. bottles for keeping hands clean.	
Sunglass Retainers	Purchase Only	\$5	1	Optional. Chums® or Croakies® for keeping track of your glasses or sunglasses	
Pocket Knife	Purchase Only	\$20-45	1	One small knife is sufficient; simple Swiss Army knives are popular.	
Water Filter	Must Bring	Must Bring	1	Optional. NOLS supplies Potable Aqua tablets (hydroperiodide) for backcountry water disinfecting. If you are sensitive to iodine, bring chlorine based tablets or a water filter.	
Hydration System	Purchase Only	\$30-\$50	1	Very handy and popular. We carry Camelback® packs.	
Our advice? Keep the toiletries, pocket knife and camera gear to small sizes. We work to keep our pack weight a low as possible, but our packs are heavy. Saving every ounce is essential!					

Footwear					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Boots	Purchase Only	\$160-\$250	1 pair	Sturdy leather heavy backpacking or light mountaineering boots with good ankle support for wilderness courses. Mountaineering boots are needed for Instructor and Mountaineering courses. Plastic boots may be appropriate for early season courses. If you own a pair bring them along.	
Socks, Wool	Purchase Only	\$13-\$19	5 pairs	Heavy ragg wool or heavy wool/synthetic blend.	
Liner Socks	Purchase Only	\$6	2 or 3 pairs	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	\$50	1 pair	Knee high, durable.	
Camp Shoes	Must Bring	Must Bring	1 pair	Running, tennis, or cross-training athletic shoes.	
Our advice? 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

NOLS has been outfitting people with boots for many years and our priorities have remained the same: We want you to have boots that provide adequate protection for your feet, that are durable enough to withstand extended rugged wear, and that provide reasonable comfort. Many boots available on the market do not meet these criteria, and a boot that is good for your personal use may not be a good boot for your NOLS course.

Medium-weight, off-trail backpacking/light mountaineering boots work best. They provide good support for off-trail hiking with heavy packs, and usually require less break-in time than heavyweight mountaineering boots. Here are some features to look for:

- Constructed from full-grain one-piece leather upper or a combination of nylon or Gore-Tex and leather
- A sole that provides good traction, like Vibram® or other lugged sole
- ½ to ¾ length shank or full poly mid-sole stiffener within the sole to provide foot support and protection
- Ankle support — Trail runner sneakers are not acceptable; below-the-ankle hiking boots are not acceptable
- Comfortable fit with your preferred hiking socks. Boots that are too small commonly cause blisters.

Please see the Boot Fitting Guide in your Enrollment Packet for instructions on how to properly fit boots.

The following list of acceptable boots is not exhaustive and is to be used for *suggestions only*. The boots listed here should help define what types are acceptable for your course. It is fine to substitute a similar boot for one of those listed here.

Asolo: Power Matic series; TPS series; Power Light series; Matrix series; Energy series

Garmont: Dakota; Synchro Plus GTX; Cypress GTX, FC Eco 4.0 GTX

La Sportiva: Thunder II GTX; Cascade GTX

Lowa: Tahoe GTX; Tibet GTX; Banff; Pingora GTX

Montrail: Feather Peak GTX

Oboz: Wind River

Scarpa: Mustang GTX; Barun GTX; Nepal Pro GTX; SL M3; Escape GTX

Vasque: Wasatch GTX; Bitterroot GTX; Summit GTX; Sundowner GTX series; Clarion GTX; Breeze GTX

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



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
Camp Stoves
Fuel and Fuel Bottles
Cooking Gear
Bear Resistant Food Containers
Fishing Equipment

Climbing Protection
Climbing Ropes
Helmets and Harnesses
Ice Axes
Snowshoes (if necessary)
Trowels or Shovels

Maps & Compass
Reference Books
Binoculars
First Aid Kits
Equipment Repair Kits

