

# Equipment List

## Whitewater Courses

### 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.

This list is designed to help you with your equipment and clothing choices. Because you will have a better understanding of your equipment preferences after your course, we recommend renting from NOLS rather than purchasing expensive gear in advance. Gear rental will provide you with an opportunity to test the gear you use and will help you make more informed purchases in the future. Please read our equipment descriptions carefully and note the items that are available for rent, those that you must bring with you, and which items can be purchased through NOLS.

You are welcome to bring gear that you already own. However, please try to limit your selections to those items described on the equipment list. Your instructors will inspect any gear you bring to determine if it is suitable for your course. If an item is not approved, you can leave it with your baggage in our storage lockers.

If you wish to buy gear before your course, consider our Preferred Retailers. Preferred Retailers are retail stores that maintain close ties to NOLS. The staff at these stores is very familiar with NOLS and has a good idea of the equipment needs you are likely to encounter. They can be vital in getting you started on an expedition. Please ask the admissions office about Preferred Retailers in your area or visit our web site at [www.nols.edu](http://www.nols.edu).

### Equipment Deposit

The NOLS outfitting department is capable of providing virtually all of the equipment needed for your course. To cover the cost of equipment rental, you have been charged an equipment deposit in addition to the course tuition. (See your account statement for the amount.) 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. You will be billed for any charges that exceed your equipment deposit or refunded any balance 2-4 weeks after your course ends. **Please note that all prices are subject to change.**

### Gear Purchase

At the end of the course, students may opt to purchase new or used equipment. NOLS offers substantial discounts for used equipment and the rental deposit for gear used on your course will be applied toward purchase. **A cautionary note:** additional gear purchases may raise the total outfitting bill well above the equipment deposit coverage.

If you have any questions or if you are purchasing equipment specifically for the expedition and would like more information please contact NOLS admission at (800) 710-NOLS, or the NOLS Utah River Base at (435) 781-0305.



## Upper Body Layers

NOLS uses a layering system where different pieces of clothing are worn together, or separately, to achieve optimum body temperature control. The upper body garments listed here are either synthetic garments which retain their insulating properties even when wet, or nylon or Gore-Tex® layers which help prevent heat loss by cutting wind, rain, and snow. You will need at least 2-3 insulation layers, plus a wind-proof layer. These layers must fit comfortably over each other so they can all be worn at the same time.

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Under Layer	Purchase Only	\$32 - \$40	1-2	A lightweight underwear top of wool, high performance polyester, polypropylene, or Capilene®.	
Primary Insulating Layer (Mid-Weight Synthetic)	Purchase Only	\$40	1	A mid-weight underwear tops made of wool, polypropylene, Capilene® or ZeO2™.	
Top Layer (Fleece Jacket)	\$20	\$50 - \$90	1	A heavyweight full-length zip fleece jacket of Polartec® 300 or equivalent weight. All other layers must be able to be fit comfortably under this top layer. Summer courses may substitute a lightweight Polartec 200 or equivalent.	
Wind Shirt / Anorak	\$15	\$65	1	A lightweight, breathable, nylon wind shell either pullover or parka style. Must be large enough to fit over all of your insulating layers. Gore-Tex® wind gear is acceptable.	
Rain Gear	Must Bring	Must Bring	1	A sturdy, roomy waterproof jacket with a hood. Both coated nylon and breathable fabrics such as Gore-Tex® are acceptable. Older Gore-Tex® is generally not very effective in heavy rains. Unless your parka is very long (knee length) rain pants must accompany it. Ponchos are NOT acceptable.	
Long Sleeve/ Rash Guard	Purchase Only	\$45	1	Light-colored long sleeve nylon shirt for sun protection.	
T-shirt	Purchase Only	\$15 - \$19	1-2	Short sleeved cotton t-shirt. <b>Summer courses only, June 15 – August 30.</b>	
Sun Hat	Purchase Only	\$15 - \$50	1	Must be wide-brimmed. A baseball cap works fine.	
Mosquito Head net	Purchase Only	\$6	1	Some type of netted hood to provide relief from bugs. <b>Needed from June 1 – August 30 only.</b>	
Wool or Fleece Hat	Purchase Only	\$15 - \$32	1	Should pull down enough to cover your ears. <b>Not needed for courses starting between, June 15 – August 30.</b>	
Gloves or Mittens	Must Bring	Must Bring	1 pair	A pair of wool, polypropylene or Polartec 200. <b>Not needed for courses starting between, June 15 – August 30.</b>	



### Lower Body Layers

These layers should consist of an insulating layer, plus a durable wind layer. These layers must fit comfortably over each other so they can be worn at the same time.

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Primary Insulating Layer (Mid-Weight Synthetic)	Purchase Only	\$32 - 40	1-2 pairs	Mid-weight bottoms of high performance polyester, polypropylene, ZeO2 or Capilene®. Cotton and cotton blends are not acceptable.	
Fleece Pants	\$20	\$65	1 pair	Should be Polartec 200 weight. <b>Not needed for courses starting between, June 15 – August 30.</b>	
Wind Pants	\$15	\$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. Lightweight running pants are not durable enough. We recommend that you rent wind pants from us. NOLS has a custom design that includes zippered legs and reinforced patches at points of wear. <b>Not needed for courses starting between, June 15 – August 30.</b>	
Nylon Shorts	Purchase Only	\$28-\$45	1 pair	Quick drying, loose-fitting nylon athletic or river shorts. Can double as swim trunks for men.	
Nylon Swimsuit	Must Bring	Must Bring	1	Women should bring a tank suit or nylon shorts with liners and a sports bra.	
Cotton Pants	Must Bring	Must Bring	1 pair	Cotton pants are great for keeping the bugs off and shielding the sun while in camp.	
Underwear	Must Bring	Must Bring	2	Two changes should be sufficient. Most women prefer sports bras. Underwear should be cotton rather than nylon.	

### Packs & Bags

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Stuff Sacks	Purchase Only	\$6 - \$19.95	3 or more	These nylon bags are for organizing items in your dry-bag.	
Zip Bag	\$3.75 each	\$12	2	Nylon duffel bags (approx. 12"x 24") with zippers are used as clothing storage bags.	
Dunk Bag	Purchase Only	\$6	1	Small mesh drawstring bag (approx. 8"x 12") to hold cup, bowl and spoon for dish sanitation.	
Large Dry Bag	\$10	\$55-\$124	1	3 cu. ft. 16" diameter x 25" tall dry bag of heavy duty, durable waterproof material. Used to carry all personal clothing.	
Small Dry Bag	\$2	\$15-\$42	1	600 cu. in. 6.5" diameter x 19" tall dry bag made of heavy duty, durable waterproof material. Used to carry all personal items needed during the day.	



### River Equipment

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
River Sandals	Must Bring	Must Bring	1 pair	Sandals should be sturdy with good ankle straps and durable soles. Velcro closures tend to fail in constantly wet and sandy conditions. Therefore, we recommend Teva Guide Sandals, Chacos or other sandals with clip fasteners. Some prefer to use an old pair of running shoes. These are acceptable provided they can withstand repeated dunking.	
Neoprene Booties	\$9	\$20-\$40	1 pair	River or diving booties that stay on the foot securely while swimming. Must have a hard sole capable of walking on rocks. Used primarily for cold weather and in kayaks. Aqua socks are not acceptable.	
Wetsuit	\$13	\$115	1	We suggest a full body wet suit of 3mm thickness. Or long pants and long sleeve top made of material that will have the same insulation factor. Several companies make this type of material. . <b>Not needed for summer courses, June 15 – August 30.</b>	
Waterproof Breathable Top L/S	\$13	\$60-\$85	1	A top layer waterproof breathable insulating fabric such as NRS Hydroskin® used in place of 3mm wetsuit.	
Waterproof Breathable Bottom	\$13	\$60-\$85	1	A bottom layer waterproof breathable insulating fabric such as NRS Hydroskin® used in place of 3mm wetsuit.	
Dry Top/Dry Suit	N/A	\$160 - \$250	1	Optional for spring or fall courses. This piece of equipment can be expensive we do not recommend to go out and purchase if you do not already have it. It is highly recommended for River Instructors Course. <b>Not needed for summer courses, June 15 – August 30.</b>	
Paddle Jacket	\$5	\$50-\$85	1	A long sleeve waterproof jacket with drawstring closure at the bottom and closures at the wrist and neck. To be worn over the wet suit when kayaking or rafting.	

Our advice? Rental of whitewater specific gear (PFD, helmet, paddle jacket) is included in your tuition. Bring any personal whitewater gear you own and your instructors will review it to insure it is appropriate.



### Sleeping Gear

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Sleeping Bag	\$40	\$150	1	We recommend synthetic-filled bags (Quallofil®, Hollofil®, Polarguard®, etc.). These bags are very durable and perform well in the variety of conditions we encounter. A bag with approximately 3 pounds of fill rated to 15° or 20° F and having 6-8 inches of loft is required for spring and fall courses. A bag with approximately 2 pounds of fill rated to 30° or 40° is acceptable for summer courses. Down or feather-filled bags are not suitable for the wet conditions we encounter on river courses.	
Sleeping Pad	\$4.50	N/A	1	A full-length closed cell foam pad to insulate and pad between the ground and your sleeping bag. Therm-A-Rest® pads are acceptable if you bring a patch repair kit. NOLS does not rent Therm-A-Rests®.	
Ground Cloth	Purchase Only	\$8.50	1	A waterproof nylon sheet to go between your sleeping pad and the ground.	

### Footwear

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Wool Socks	Purchase Only	\$6	2 pairs	Socks must be ankle length and heavy rag type wool or wool/synthetic blend.	
Camp Shoes	Must Bring	Must Bring	1 pair	Running, tennis or cross-training shoes, in good condition, to wear around camp. Avoid expensive shoes. <b>Open-toed "river" or "mountain" sandals are not acceptable.</b>	

### Miscellaneous Items

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Insulated Mug	Purchase Only	\$5-\$12	1	NOLS 12 to 20 oz. insulated mugs with lids are available for purchase.	
Bowl	Purchase Only	\$5	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	\$8 - \$12	1	A wide-mouth quart or liter size plastic bottle.	
Hydration System	Purchase only	\$25 - \$40	1	A hydration system similar to Camelback™ is highly recommended.	
Water Bottle Retention System	Purchase Only	\$12	1	Some type of system that provides a handle for the water bottle so it can be secured to the boat.	



Miscellaneous Items (Continued)					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Bandanas	Purchase Only	\$2	2 or 3	A couple of these are always handy.	
Sunglasses	Purchase Only	\$18-\$30	1 pair	Lenses should be dark and block UV and infrared light. They should have a sturdy case. If you wear corrective lenses, prescription sunglasses are a good investment.	
Lip Balm	Purchase Only	\$2.50	1	Stick, cream, or tube type moisturizing balm with sun protection factor (SPF) 15 or greater. 1-2 small bottles (3-6 oz.).	
Sunscreen	Purchase Only	\$3-8.00	1-2	With sun protection factor (SPF) 15 or greater	
Hand/foot moisturizer	Purchase Only	\$2	1 tube	For keeping extremities healthy in a hot/cold, dry, wet environment. A 4oz – 8 oz. tube is sufficient.	
Insect Repellent	Purchase Only	\$3-\$6	1 bottle	Important because of the risk of West Nile Virus in the western US. Mosquitoes are abundant between June and September.	
Sunglass Retainers	Purchase Only	\$5- \$7	1	These are essential on river courses. Chums® or Croakies® for keeping track of your glasses or sunglasses.	
Head-Lamp/Flashlight	Purchase Only	\$30-\$40	1	Durable and lightweight. Headlamps are popular. Bring spare batteries and an extra bulb.	
Batteries	Purchase Only	\$8 - \$12.50	1 set	We have AA, AAA batteries for sale.	
Notepad	Purchase Only	\$ 3	1	A small, lightweight pad is fine.	
Watch	N/A	Must Bring	1	Waterproof watch with an alarm	
Toilet Articles	Must Bring	Must Bring	1	Toothbrush, toothpaste, comb, brush, tampons. Travel or trial sizes are enough.	

Optional Items					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Small Hand Towel	Purchase Only	\$15	1	Useful while on the river.	
Nose Plugs	Purchase Only	\$9	1	A handy piece of river gear.	
Pocket Knife	Must Bring	Must Bring	1	One small knife is sufficient; simple Swiss Army knives work well.	
Prescription Glasses And Contact Lenses	Must Bring	Must Bring	2 or 3 Pairs	Bring a spare pair of glasses or lenses. Contact lens wearers should also bring a pair of glasses as backup. Again, prescription sunglasses are a nice item to have in reserve.	

Optional Items (Continued)					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Personal Paddling Gear	Must Bring	Must Bring	NA	Bring any personal paddling gear that you may currently have, such as paddling jacket, dry top/suit, river booties, helmet, etc., which may be acceptable for your course. Our staff will inspect your gear and allow you to use it if appropriate.	
Camera and Film	Purchase Only	\$20	NA	Lightweight, 35 mm compact cameras are sufficient; bring a protective case. Avoid heavy lenses and elaborate set-ups. Inexpensive waterproof disposable is fine.	
Backpacker's Camp Chair	Purchase Only	\$30 - \$45	1	Crazy Creek® or one with Therm-A-Rest® fitting. These collapsible camp chairs are something most students and instructors consider worthwhile. Some students wanted us to put this in the required items section, but we make it optional, as it is not essential.	

### Shared Group Equipment

The group gear you bring on your course is determined by your instructors, which depends on environmental conditions and the anticipated goals of your particular course. All group equipment is supplied by NOLS at *no charge*.

**Group equipment includes:** Shelters (tents or flies); Stoves and Fuel; All Cook Pots; Bulk Water Containers; Reference Books; First Aid Kits; Rafts and Related Gear; Kayaks/ Spray Skirts (not needed for Whitewater guide courses); Flotation; Paddles; Helmets; PFD's; Repair Kits.

### Suggested Items For Travel To & From Vernal, Utah

These items will not be taken into the field, but we recommend you bring them for after your course returns: Shirt or blouse; pants or skirt; jacket or sweater; additional toiletries (shampoo, soap, razor, towel); spending money and personal identification (see Travel Information).

### Equipment Charges Worksheet

An equipment deposit is required of each student to cover the average cost of equipment rental and cleaning. You will be charged additionally for the replacement of any lost or damaged group equipment. Your actual expense will vary according to how much gear you rent and purchase from NOLS. Additional purchases of new and used gear may raise your total outfitting expense above your rental deposit. Rental and purchase charges will be totaled at the end of your course. Those of you using some of your own equipment may be eligible for a refund, which will be sent to you by mail. If you anticipate a balance over your equipment deposit, please make arrangement for payment on the final day of your course. Acceptable payment methods are cash, personal checks, travelers' checks, VISA, or MasterCard.

#### TO ESTIMATE YOUR EQUIPMENT FEES FOR YOUR NOLS COURSE:

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|--|---|----|
| 1. Total equipment rental charges from NOLS<br>(Rental charges are for the entire course.) |   | \$ |
| 2. Total equipment purchases from NOLS:<br>(Estimated from the checklist)                  | + | \$ |
| 3. Add lines 1 and 2:<br>This is your estimated total with RENTALS and PURCHASES.          | = | \$ |
| 4. Equipment deposit you have on credit<br>(Depends on your course type)                   | - | \$ |
| 5. Subtract line 4 from line 3:<br>This is your FINAL ESTIMATED BALANCE.                   | = | \$ |

