

Equipment List

Rocky Mountain Instructor Course

Welcome to NOLS! We look forward to having you with us at NOLS Rocky Mountain.

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. Please take time to read the following information before making your equipment choices.

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. That is why we offer a **15% discount** on all rentals and purchases that total **\$800 or more** at NOLS Rocky Mountain, *excluding* your fishing license fee. 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. 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-NOLS (6657) or by visiting www.nols.edu.

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

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

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 NOLS Rocky Mountain Outfitting Department at:

(307) 332-1422 or 4784 | outfitting@nols.edu | 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. It is 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	\$40-\$60	1	Mid-weight underwear top made of wool, polypropylene, Capilene® or ZeO2™.	
Middle Layer (Fleece Pullover)	\$20	\$40-\$60	1	Polyester fleece pullover/expedition weight top of Polartec® 100 or 200, fiberfill jacket or a wool sweater.	
Top Layer – Synthetic Jacket	Purchase Only	\$160-\$180	1	Synthetic full-length zip fleece or fiberfill jacket. We carry models from Mountain Hardwear and Sierra Designs.	
Fleece Vest	\$15	\$35-\$50	1	A polyester fleece vest of Polartec® 200 or a synthetic filled vest.	
Wind Shirt / Anorak	\$20	\$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 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	\$20- \$35	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 Layers

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
Base Layer (Mid-Weight Synthetic)	Purchase Only	\$32	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.	
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.	



Lower Body Layers (continued)

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
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, we recommend that you 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.	
Rain Pants	Purchase Only	\$40-\$80	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/river shorts.	
Briefs/ Sports Bras	Purchase Only	\$18-\$32	1 pair	Optional. We recommend that men go without underwear, and just use nylon athletic shorts with liners. Women should use what's comfortable: cotton, silk, or synthetic underwear are fine. For women's sports bras, silk or synthetic only.	

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 Hat	Purchase Only	\$18.95	1	To protect ears and face from the sun. Available with NOLS logo.	
Balaclava	\$4	\$17	1	Optional. Balaclavas are full head and neck coverings that have an opening for the face. They are usually made out of Polartec® 100 or 200 fleece.	
Wool Or Fleece Hat	\$4	\$15-\$20	1	A warm hat made of wool or fleece.	
Neck Gaiter	Purchase Only	\$13	1	Optional for courses beginning before June 25. Wool (at least 75%) or fleece neck gaiters. A wool or synthetic scarf will work as well.	
Mosquito Headnet	\$2	\$6	1	A light nylon headnet.	
Gloves	Purchase Only	\$15-\$30	1 pair	Ragg wool or synthetic (fleece).	

Head, Neck and Hand Layers (continued)

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Mittens	Purchase Only	\$7-\$17	1 pair	Optional for August courses. Ragg wool or synthetic (fleece). Mountaineering courses may need 2 pr.	
Mitten Shells	\$8	\$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

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Backpack	\$100	\$305	1	Our packs are large expedition packs with a volume of 5500 to 6100 cubic inches made by Lowe exclusively for NOLS. 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 6,300 to 7,000 cubic inches.	
Small Stuff Sacks	\$2	\$4.00	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 Bag and Pad

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Sleeping Bag	\$60	\$160	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 and having 6-8 inches of loft is required.	
Summit/Compression Pack	\$12	\$49.95	1	We use the Lowe Attack Summit that doubles as a compression stuff sack for your sleeping bag and a summit pack for day hikes.	
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 Bag and Pad (continued)

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Sleeping Pad	\$4	\$10-\$75	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.	
Ground Cloth	\$4	\$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 Equipment

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Helmet	No Charge	NA	1	You may bring your own UIAA approved helmet.	
Rock Shoes	\$40	\$80-140	1 pair	Shoes should be suitable for wearing and climbing in all day and using for multi-pitch climbs.	
Harness	No Charge	\$70	1	We have harnesses to rent, but if you own one, bring it along.	
Cotton Climbing Pants	Purchase Only	\$48	1	Optional. Loose fitting pants to protect your legs while climbing.	
Chalk Bag and Ball	Purchase Only	\$18/\$4	1	Optional. Some students and instructors find these useful.	

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, sling, carabiners and ropes.

Miscellaneous Items

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Insulated Mug	Purchase Only	\$3.50-4	1	12 to 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.	
Spoon	Purchase Only	\$1	1	Lexan spoons are light, durable and popular.	
Water Bottle	Purchase Only	\$9-27	1-2	1-2 wide-mouth quart- or liter-size plastic bottles such as the Nalgene® brand.	

Miscellaneous Items (continued)

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
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	1-2	A 3 to 6 ounce tube with sun protection factor (SPF) 15 or greater	
Bandannas	Purchase Only	\$2	2 or 3	A few of these are always handy.	
Head-Lamp/Flashlight	Purchase Only	\$29-60	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.	
Instant Hand Sanitizer	Purchase Only	\$1.50	2	Must have 2 oz. bottles for keeping hands clean.	
Toiletries	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	Purchase Only	\$3-\$10	1	A small, lightweight pad is fine.	
Sunglass Retainers	Purchase Only	\$5	1	Optional. Chums® or Croakies® for keeping track of your glasses or sunglasses. Available with NOLS logo.	
Sunglasses	Purchase Only	\$40-\$130	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. Lenses should be dark and block 100 percent Ultra Violet. 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.	
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.	

Our advice? Keep the toiletries, pocket knife and camera gear to small sizes. We work to keep our pack weight as 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	\$170-\$250	1 pair	See below for information on the mountaineering boots necessary for this course. Our boot stretching process helps expedite the break-in period of new boots.	
Wool Socks	Purchase Only	\$9-\$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	\$40-\$45	1 pair	Knee high, durable.	
Camp Shoes	Must Bring	Must Bring	1 pair	Running, tennis, or cross-training athletic shoes.	
Neos Overshoes	\$15	\$80	1 pair	We rent Neos overshoes to go over your leather boots.	
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

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 & mountaineering expeditions with heavy packs.

Mountaineering Boots:

Heavyweight, off-trail mountaineering boots: This type of boot is what many people consider to be the "classic" mountaineering boot. The boots are typically constructed with a stiff, full-grain leather upper sewn onto a deep lugged Vibram rubber sole with a Norwegian welt, characterized by 2 or 3 rows of stitching along the top edge of the Vibram sole. These boots are initially quite stiff, with very little, if any, flex in the sole. Most of these boots have a ridge or shelf on the sole to accept a crampon. Some of the newer designs in this category have a rubber rand around the base of the leather upper.

** Boots in this category include, but are not limited to, the following:

Asolo: Titan GV, Route GV

La Sportiva: Glacier Evo, Makalu, Trango S EVO GTX

Montrail: Olympus, Lotus GTX

Raichle: All-degree Lite, High

Scarpa: Freney XT GTX, Manta

Vasque: Alpine GTX.

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

Please refer to your enrollment packet for specific boot fitting information.

Optional Items

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Binoculars	Must Bring	Must Bring	1	Small travel binoculars work well.	
Prescription Glasses And Contact Lenses	Must Bring	Must Bring	2 or 3 pair	Bring a spare pair of glasses or lenses. Contact lens wearers should also bring a pair of glasses as backup. Again, prescription sunglasses are nice to have.	
Water Treatment	Must Bring	Must Bring	1	NOLS supplies Potable Aqua tablets (hydroperiodide) or Aqua Mira for backcountry water purification. However, if you are sensitive to iodine or chlorine you may need to bring your water filter such as the PUR Scout or Hiker, or the SWEETWATER Guardian.	
Vitamins	Must Bring	Must Bring	1	Not necessary, but a small quantity of multi-vitamins is popular among staff and students for this length of course.	
Book	Must Bring	Must Bring	1	A small paperback reading book.	
Trekking Poles	Must Bring	Must Bring	1	If you like to use a ski pole while you hike. It should be a sturdy 2-3 section pole for ease of pack ability.	
Camera	Must Bring	Must Bring	1	Lightweight, 35 mm compact cameras are sufficient; bring a protective case. Avoid heavy lenses and elaborate set-ups.	
Backpacker's Camp Chair	Purchase Only	\$20-\$50	1	Crazy Creek or one with Therm-A-Rest fitting. These collapsible camp chairs may mean carrying a little extra weight, but most students and instructors consider it a worthwhile investment. Some students wanted us to put this in the "Must Bring" section, but we make it optional, as it is not essential. Available with NOLS logo.	
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 as low as possible, but our packs are heavy. Saving every ounce is important!

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

