

Equipment List

Scandinavia Backpacking – 23 & Over

Welcome to NOLS! We look forward to having you with us this summer in Scandinavia.

The following equipment list will help you decide what to bring with you to Scandinavia. **NOLS Scandinavia does not have any equipment or clothing for purchase or rent. You must bring everything with you.** There will be limited opportunities for small last minute purchases in Narvik, Norway or Northern Sweden before your course begins.

This equipment list is designed to provide you information on the items you'll need for your NOLS expedition, as well as the functions your gear will serve. **It is very important that you read the equipment list carefully.** Our suggestions are based on student and staff experience. If you have questions, contact us! Please review the boot fitting instructions in your enrollment packet and the boot recommendations at the end of this document.

The actual gear needed for your course may vary slightly, depending on instructor judgment, course location, season and recent weather. On the first or second day of your course, you will meet with one of your instructors and inspect each item you have brought. If the item meets our standards and is suitable for the course's curriculum goals, season, and prevailing weather conditions, you can use it on your course. If an item is not approved, you may leave it with your baggage at our base in storage. In the unlikely event an item you brought is not suitable for your course, we encourage students to **keep the tags on all equipment and clothing** (and the receipt at home), so that you may return those items when you return home if necessary.

In addition to your course tuition, you have been billed an equipment deposit, which will be applied to the charges you incur for any loss or damage to our group gear. If your bill is less than the deposit, the difference will be refunded to you by mail. If your bill exceeds the deposit, NOLS will add the amount to your final bill and mail the bill to your home address.

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/Scandinavia Outfitting at **(307) 332-1422 or -4784** | outfitting@nols.edu, or visit our website at www.nols.edu, and online store at <http://www.nols.edu/store/home.php>.

Note: All gear listed below is **required** unless listed under the **optional items** category. There is some outdoor gear available for purchase in Abisko or Björkliden, if there is any last minute needs. Although availability is limited and pricing tend to be high, so we encourage you to arrive well prepared.

Footwear



Equipment	Quantity	Comments	Check List
Socks	3-5 pairs	Must be 75 - 100% wool, Merino wool, heavy rag type, or thick polypropylene (no wool/cotton blends). A pair of neoprene socks (these are lightweight socks constructed out of neoprene that do not have a hard sole and can be found at most SCUBA diving shops) may be substituted for <u>one</u> pair of wool socks. Some people like to substitute 1 pair of wool socks, for, 1-2 pairs of liner socks (not cotton). Minimum 3 pairs of heavy socks	
Camp Shoes	1 pair	Crocs: closed toed and no holes or lightweight sneakers/running shoes in good condition to wear around camp and keep your feet dry. Camp shoes are not hiking boots.	
Hiking Boots with ankle support	1 pair	Whether you plan to buy boots before your course or own a pair of hiking boots, be sure to read the boot selection guide to help educate your purchase. Remember, boots should fit comfortably with 1 pair of heavy wool socks. A light liner sock may be worn next to the skin. (See end of document for suggestions)	
Gaiters	1 pair	Must fit over boots. Any gaiters with a double closure (i.e. both zippers and snaps) or 2" velcro are also suitable. Outdoor Research, Black Diamond, and Mountain Hardwear are a few brands to look for.	

Upper Body Clothing

You will want to have at least two (2) insulating layers, a wind-proof layer, a rain layer and a t-shirt. Make sure your layers fit comfortably over each other. We strongly recommend having one very warm upper body layer, such as a thick fleece or synthetic puffy jacket preferably with a hood. If you get cold easily, we suggest that you count on taking four insulating layers.

Equipment	Quantity	Comments	Check List
Base Layer (Long Underwear Top)	1	Mid- or expedition-weight wool, polypropylene or polyester is best. (Example: Patagonia Capilene or similar).	
Thin Fleece or Heavy Long Underwear	1	This can be any secondary fleece layer of 100 to 200 weight polar fleece. An expedition weight long underwear top can be substituted.	
Insulated or Fleece Jacket	1	An insulated jacket, such as the Mountain Hardwear Compressor or the Patagonia Micro Puff with a hood, is a good third layer. A 300-weight fleece jacket that fits over your other layers will work too, though they tend to be more bulky and heavy. (Wind stopper or other tech fleeces are fine but not necessary.)	
Synthetic T-shirt	1	To wear on warm days. We strongly encourage lightweight wool, polyester, polypro, or coolmax (No Cotton)	
Wind Jacket	1	Nylon wind shell (not waterproof), preferably with a hood, that should be roomy enough to fit comfortably over all upper-body layers. Gore-Tex is acceptable. We suggest the MontBell U.L. Parka, Patagonia Houdini or similar. This item is highly suggested, but not required.	

Rain Gear



Equipment	Quantity	Comments	Check List
Durable Rain Jacket	1	You will need a rain jacket that will keep you dry during numerous days of precipitation. Jacket should be roomy enough to fit comfortably over all upper-body layers and have a hood. Coated nylon or waterproof breathable jackets and parkas are acceptable. Ponchos are unacceptable .	
Rain Pants	1 pair	Coated nylon or waterproof breathable rain pants are acceptable. Your rain pants may double as wind/rain pants (Example: Patagonia Rainshadow Pants or similar)	

Lower Body Clothing

You will need two lower-body insulating layers that should fit comfortably over each other and underneath your wind or rain pants. These should be medium weight base layer (long underwear) bottoms and either an expedition weight polyprop bottom or fleece pants.

Equipment	Quantity	Comments	Check List
Nylon Shorts	1 pair	Light athletic shorts are fine. These do not serve as an insulating layer.	
Base Layer Bottoms (Long Underwear)	1 pair	These must be mid-weight wool, polypropylene or polyester (e.g. Capilene, Extend by Mountain Hardwear). Cotton and Duofold are unacceptable .	
Expedition Weight Bottoms or Synthetic Puffy Pants	1 pair	Expedition weight bottoms such as Patagonia Capilene 3 or R1 bottoms work well. Instructors highly recommend lightweight synthetic fill puffy pants (Example: MontBell U.L. Thermawrap Pants). Down puffy pants are strongly discouraged .	
Hiking/Trekking/Wind Pants	1 pair	Lightweight and breathable pants suitable for hiking as well as for bug protection. Hiking pants with zip-off legs are convenient and take the place of nylon shorts. Your rain pants can double as hiking pants. Lightweight "running pants" are often not durable enough.	

Head, Neck & Hand Layers

Equipment	Quantity	Comments	Check List
Gloves	1-2 pairs	A windproof pair of fleece or wool gloves. If your hands get cold easily bring a second pair of gloves, such as mittens or a thin polypropylene blend.	
Sun Hat or Baseball Cap	1	With 20+ hours of daylight, you need something that will protect you from the sun.	
Fleece or Wool Warm Hat	1	To keep your head warm.	
Mosquito Headnet	1	Make sure the mesh is not only mosquito proof, but gnat and black fly proof also.	



Sleeping Gear

Equipment	Quantity	Comments	Check List
Sleeping Bag	1	Bring a synthetic-filled sleeping bag (Polarguard 3D, Light Loft, Polarguard HV). For this course your bag should have a temperature rating of at least 20 degrees. Down filled sleeping bags are also acceptable, but require more work to keep them dry.	
Sleeping Pad	1	Should be closed-cell foam and 3/8" thick or a self-inflatable sleeping pad either ¾ or full length. Therm-A-Rest (Guide Lite models) and Insulmat are great brands.	
Sleeping Bag Compression Stuff Sack	1	A compression stuff sack lined with a plastic trash compactor bag works well.	

Packs & Bags

Equipment	Quantity	Comments	Check List
Small Stuff Sacks	1-2	1-2 (to organize personal gear, such as toiletries, personal hygiene articles or eating utensils. Lightweight stuff sacks like Granite Gear are encouraged.	
Trash Compactor Bags	3-4	Plastic trash compactor bags are sturdy and work well. These can be found in any grocery store or hardware store. These are essential for waterproofing your backpack and sleeping bag stuff sack. Regular trash bags are not acceptable.	
Internal Frame Pack	1	Our students and staff have recommended these brands: Lowe, Osprey, Arc'teryx, North Face and Gregory internal frame packs. We do not recommend external frame packs. Your pack must have a volume of at least 80 liters, but no more than 115 liters (5,000 -7,000 cubic inches).	

Miscellaneous Items

These items are required. They are not optional.

Equipment	Quantity	Comments	Check List
Underwear	2-4 pairs	Briefs or boxer shorts. Women can bring cotton, silk or a synthetic "quick drying" brand. Men should bring silk or synthetic fabrics only. Many outdoor stores sell polyester underwear, which are a bit expensive but help to keep you warm and dry. Sports bras made out of supplex/lycra or polypropylene wick moisture away from your skin and are highly recommended. We suggest 1-2 sports bras for women.	
Bandana	1-2	These are often used as a small towel or washcloth. We strongly recommend 2 for women.	
Sunglasses	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.	
Eyeglass Retainer	1	A "chum" or "croakie" is indispensable for keeping a hold of those eyeglasses and sunglasses. You can purchase these at an outdoor, or eyeglass, store.	



Miscellaneous Items (continued)			
Equipment	Quantity	Comments	Check List
Eating Gear	N/A	A tupperware (1 to 2 pint) type bowl with a screw on lid, lexan plastic spoon (titanium works too), and an insulated mug. Lightweight mug models include titanium (Example: Snow Peak brand). <u>For a very lightweight option</u> , you can forgo a bowl and use a titanium mug for your bowl and mug.	
Water Bottle	1	A one liter plastic, aluminum or stainless steel bottle (32 oz. Gatorade bottles work well and are light!).	
Lip Balm	1 tube or stick	Stick or cream with sun protection, SPF 15.	
Pack Towel	1	A quick drying, medium to large sized pack towel is fine. This versatile piece of gear can be used for drying feet, sponging up wet tent floors, or as a backcountry bathing towel.	
Extreme Sunscreen	1 tube or bottle	A tube or bottle of 2-3 oz. is plenty. A sun protection factor (SPF) of 30 or greater is necessary. A physical sun block such as clown white or zinc oxide is strongly recommended for people who burn easily.	
Insect Repellent	1	A small bottle.	
Small Notebook and Pen	1 each	A small steno-type notebook is fine, and can be found at most grocery or drugs stores. <i>Avoid</i> heavy notebooks. If you are an artist - bring your color markers or water-colors (small set).	
Toilet Articles	N/A	Toothbrush, toothpaste, prescription meds, tampons (bring more than you usually use). For liquids, sample sizes of 2 oz. are preferable. Female students recommend a small box of scent free wet-wipes.	
Watch	1	A cheap watch is best; waterproof and alarm are required. Bring a watch even if you are not accustomed to wearing one.	
Prescription Glasses and Contact Lenses	N/A	If you wear prescription glasses or lenses, you should bring a spare set.	
Prescription Medications	N/A	If you use prescription medications bring the total amount that you will need for the NOLS course <i>and</i> a full week's extra supply. It is very difficult to get a prescription refilled in Sweden/Norway.	
Bic Lighter	1	Due to airline regulations, you will need to purchase this item in Norway.	
Headlamp	1	While we will be living and hiking in 20+ hours of daylight. There will be a few hours of dusk	

Optional Items			
Equipment	Quantity	Comments	Check List
Small Daypack	1	A small daypack is useful for around camp and also for day trips like peak ascents. There are many creative options for this piece of gear and we highly encourage you to think lightweight and dual function . Your internal frame pack may have a removable lid that can be used as a day-pack. Another option for a daypack is the Summit Attack by Lowe Alpine, which doubles as a small daypack and a compression stuff sack (see "Sleeping Gear" section).	
Fleece or Insulated Vest	1	You may want a vest to supplement the upper layers. Insulation should be some type of polyester such as Light Loft, Polarguard 3D, and Thinsulate.	

Optional Items (continued)			
Equipment	Quantity	Comments	Check List
Camera and Waterproof Bag	1	You will need some type of waterproof container or bag. NRS, Kokatat, and L.L. Bean all carry waterproof small dry bags for cameras. We encourage waterproof bags (as opposed to cases), as they are much lighter. You can also use two thick plastic bags instead. That is what many instructors use as they are waterproof and lightweight.	
Trekking Poles	1-2	One or two trekking poles. Ski pole type trekking poles are preferred. Walking sticks or track skiing poles are not acceptable. Many students recommend trekking poles, especially for those who get sore joints.	
Book	1	Your course will carry a small library of books that include: natural history, outdoor skills, and leadership resources for everyone to use. You may bring a book for your own pleasure. It must be lightweight and not hardback.	
Sun gloves	1 pair	If you are very fair skinned or susceptible to sunburns, it is advised to bring sun gloves (such as the Patagonia Sun Glove), thin fingerless liner gloves, or lightweight gardening gloves.	
Sit Pad	1	A small inflatable sit cushion (Thermarest, for example) or simple and small foam pad works great as a seat for around camp. Past students recommend these for meetings and classes. A simple ½ -1” thick piece of foam roughly 2 x 2 feet is sufficient. We discourage Crazy Creeks as they are too heavy.	
Neckwarmer/'Buff'	1	Fleece neckwarmers are great and very comfortable. If you own one, bring it. 'Buff's' can now be found in many American outdoor stores. It is a thin polypropylene or nylon tube that can be used as an additional hat or neck gator.	
Swimsuit	1	Women can use their lycra jogging top for sunny days as a swimsuit.	
Collapsible Umbrella	1	There may be many rainy days on this course and an umbrella comes in handy. Lightweight umbrellas only.	
Coffee	N/A	If you are a coffee drinker bringing a pound of your favorite flavor as it's almost impossible to find good coffee in Arctic Scandinavia. Coffee is not supplied in the rations.	
Knife	1	A small pocketknife or multi-tool.	
Zip lock bags	2-4	Gallon sized zip-locks are ideal for waterproofing misc. items such as journals/books, cameras.	

Shared Group Equipment – NOLS will supply

Expedition members share both the use of and the responsibility for the group gear that NOLS issues. NOLS charges only for group equipment that gets lost or damaged. Keep in mind that NOLS evaluates gear from a number of perspectives beyond those, which an individual user might consider. Performance, durability, and simplicity are all factors we consider when we select our gear.

Tents & Shelters	First Aid Kits	Blister Kits
Camp Stoves	Equipment Repair Kits	Reference Books
Fuel, Fuel Bottles & Funnel	Trowels	Maps & Compass
Cooking Gear (pots, fry pans, group utensils, pot grips)	Water Purification	Food Bags for Rations

Boot Selection Guide

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 a month of 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.

By our standards, a boot should have the following:

- A sole that provides good traction, like Vibram® or other lugged sole.
- 1/2 to 3/4 length shank or full poly mid-sole stiffener within the sole to provide foot support and protection.
- Preferably a full-grain, one-piece leather upper—Boots that are constructed from a combination of nylon and leather sewn together are not durable enough and are unacceptable.
- Good ankle support for rugged off-trail hiking with a heavy pack.
- Enough room to fit 2 pairs of socks and still allow your foot to move. Boots that are too small are a common cause of blisters!

The following lists are not exhaustive, but should help define what boots are acceptable for your course. The boots on this list are older styles as well as some current models. PLEASE SEE YOUR ENROLLMENT PACKET FOR INSTRUCTIONS ON HOW TO PROPERLY FIT BOOTS.

EXAMPLES OF ACCEPTABLE BOOTS*

Asolo, Power Matic 400 GV, TPS 535, Revenge GTX
 Lowa, Tahoe GTX, Tibet GTX, Banff, Khumbu MID GTX
 Garmont, Dakota, Expedition, Montana
 La Sportiva, Latok Trk, Thunder II GTX, Cascade GTX
 Montrail, Blue Ridge, Torre, Traverse, Helium GTX
 Raichle, Mt Peak, Mt Trail
 Scarpa Delta M3, Barun GTX, Kailash GTX
 Technica, Galaad NB, Galaad SD GTX
 Vasque Zephyr II, Luna, Wasatch GTX
 Sundowner Summit GTX

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

