

Equipment List

Scandinavia Sea Kayaking & Backpacking

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

This 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 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. Also, we added a helpful checklist to the end of this document to aid you in the packing process.

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 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.

We encourage **lightweight** thinking when making gear and apparel choices for the backpacking section of your course. We've found that the lighter the packs, the happier the people, and often, the more distance we can travel. Please be mindful in your approach to backpacking equipment and apparel. Often times, one item can be used for multiple purposes. For example, some people use a water bottle for both their hydration system and their camp mug. Think creatively. Try new systems. Also, you may find you already own something that can be used for the course versus buying something new. As long as it fits the criteria in the detailed equipment list, bring it along!

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 incurred charges are less than the deposit, the difference will be refunded to you by mail. If your charges exceed 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 our online store at <http://www.nols.edu/store/home.php>.

Note: All gear listed below is **required** unless listed under the **optional items** category. Also, retail costs in Norway are **high**, we encourage you to purchase gear and treats at home.



Footwear

Equipment	Quantity	Comments	Check List
Insoles	1 pair	Can be either pressed wool felt or closed cell foam.	
Socks	4-6 pairs	Must be 75 to 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 one pair of wool socks.	
Camp Shoes	1 pair	Lightweight sneakers, running shoes or Crocs in good condition and with closed toes to wear around camp (poor quality or those with holes are not acceptable). Camp shoes are not hiking boots.	
Rubber Boots	1 pair	We recommend rubber knee boots for loading and unloading boats. This will be your primary footwear during the kayaking section. These boots will take a real beating from the sharp rocks and barnacles along the beaches and must be non-insulated and 16 inches tall. Buy them big enough so you can wear them comfortably with wool-socks. We highly recommend the brand Extratuff's.	
Sandals with Neoprene Socks Or, Neoprene Booties with reinforced sole	1 pair	Neoprene 'booties' with a reinforced sole or water shoes with an incorporated neoprene liner can serve as an alternative option to sandals. Past students recommend the following options: <ol style="list-style-type: none"> 1) Tevas or Chacos with neoprene socks Or, 2) NRS water shoes (Sturdy rubber-based sandals- e.g. Tevas or Chacos- are not acceptable as camp shoes but are a comfortable addition to your sea kayaking section, especially while working on paddling skills or when bathing.)	
Lightweight Boots with ankle support	1 pair	It is difficult to have the best of all worlds with boots in Scandinavia, due to wet conditions and varied terrain. Students and staff suggest buying lightweight boots with sufficient ankle support. 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 and decision . Remember, boots should fit comfortably with 1 pair of heavy wool socks. A light liner sock may be worn next to the skin.	
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 three (3) insulating layers, a wind-proof layer, a rain layer and a t-shirt. Make sure your layers fit comfortably over each other. One layer must be a fleece or insulated jacket such as a Mountain Hardwear Compressor jacket. If you get cold easily, we suggest that you count on taking four insulating layers.

Equipment	Quantity	Comments	Check List
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Base Layer (Long Underwear Top)	2	Mid- or expedition-weight polypropylene or polyester is best. Mid-weight only constitutes half a layer while expedition-weight counts as a whole layer. (Example: Patagonia Capilene)	
Upper Body Clothing (continued)			
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, 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 or Cotton T-shirt	1	To wear on warm days. We strongly encourage the lightweight polyester, polypro, or coolmax top because it can dry much more quickly than a cotton t-shirt.	
Wind Jacket or Bug Shirt	1	Nylon wind shell, preferably with a hood (not waterproof) that should be roomy enough to fit comfortably over all upper-body layers. Gore-Tex is acceptable. We suggest the MontBell U.L. Parka as a wind shirt or the Bug shirt "Elite Edition" (www.bugshirt.com).	

Rain Gear			
Equipment	Quantity	Comments	Check List
Lightweight, Durable Rain Jacket	1	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 . It is important to note that your rain parka will be used both in the mountains and on the kayaking section unless you bring along a skanorak or paddle jacket with hood (optional). We recommend the following lightweight rain jackets: the Mountain Hardwear Epic, the Patagonia Rain Shadow, or the GoLite Virga.	
Rain Pants	1 pair	Coated nylon or waterproof breathable rain pants are acceptable. Your rain pants may double as wind/rain pants. We recommend the Kokatat Paclite Boater's Pants or the Patagonia Rainshadow Pants.	

Lower Body Clothing			
For the sea kayaking section you will need two lower-body insulating layers that should fit comfortably over each other and underneath your rain pants. These should be medium weight base layer (long underwear) bottoms and either an expedition weight polypro bottom or puffy pants. For the hiking section you will need one to two insulating layers (the same ones used on the kayaking section) and either rain pants or winds pants (see the optional section for information on wind 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 polypropylene, polyester (e.g. Patagonia Capilene, or 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 synthetic fill puffy pants (e.g. MontBell U.L. Thermawrap Pants). Down puffy pants are strongly discouraged .	

Head, Neck & Hand Layers

Equipment	Quantity	Comments	Check List
Lightweight Liner Gloves	1	A lightweight glove, such as the Patagonia lightweight or heavyweight glove liners will do. If your hands get cold easily bring a warmer pair of gloves, such as ragg wool or a thicker polypropylene blend.	
Sun Hat or Baseball Cap	1	Should be wide-brimmed to protect from sun.	
Fleece or Wool Warm Hat	1	A balaclava may be substituted for the warm hat.	
Mosquito Headnet	1	Make sure the mesh is not only mosquito proof but gnat and black fly proof also. If you have a bug shirt, this item is unnecessary.	

Sleeping Gear

Equipment	Quantity	Comments	Check List
Sleeping Bag	1	Only 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 15 degrees. Due to the extremely moist environment, down and feather bags are strongly discouraged .	
Sleeping Pad	1	Should be closed-cell foam and 3/8" thick or a self-inflatable sleeping pad. This item is used for padding and insulation between sleeping bag and ground. We highly recommend self-inflating sleeping pads of 3/4 or full length. Therm-A-Rest and Insulmat are great brands.	
Sleeping Bag Compression Stuff Sack	1	A compression stuff sack lined with a plastic trash compactor bags works well. A waterproof (rubberized) dry bag or compressible dry bags are other options. REI, Northwest River Supply, Easy Rider, and Bill's Bags are suitable.	

Packs & Bags

Equipment	Quantity	Comments	Check List
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Waterproof Dry Bags	1 small & 2 medium	Bring 1 small (10 liters) and 2 medium (18-22 liters) size dry bags for personal items. It is much easier to pack a number of small to medium sized bags into the kayak than it is to pack a couple of large bags. Your sleeping bag might be your largest bag packed. These bags are necessary for keeping clothing and personal gear dry, clean and organized on the kayaking section. Lightweight/thin dry bags are <i>not</i> recommended as they tear easily. We suggest the following brands and styles: NRS Dri-Stow bag, NRS Tuff Sack Dry bag, Cascade Designs® SealLine® Kodiak Taper, or the OR Barrier Sacks. An additional small nylon duffel bag (~9"x18") lined with a trash compactor bag can be brought in the event you need more packing space, but it is not essential.	
Packs & Bags (continued)			
Large Equipment Bag	1	These large nylon bags are for the kayak section and will help you carry all your smaller bags up and down the beach as you load or unload your kayak. We recommend the following brands and styles: LLBean Outdoor Products large duffel bag in Cordura or Nylon. Two large Ikea blue thick plastic shopping bags are acceptable as well. No canvas.	
Small Lightweight Stuff Sacks	1-2	1-2 (your preference) to organize personal gear, such as toiletries, personal hygiene articles or eating utensils. We recommend lightweight brands such as: Granite Gear.	
Waterproof Bag Liners	5	Plastic white trash compactor bags are sturdy and work well. These can be found in any grocery store.	
Internal Frame Pack	1	Our students and staff have recommended these brands: Lowe, GoLite (Odyssey), Arc'teryx, and Gregory internal frame packs. We do NOT recommend external frame packs. Your pack must have a volume of at least 5,000 cubic inches.	
Small Daypack or Lap Bag	1	A small daypack is useful for around camp and also for day trips on both sections. There are many creative options for this piece of gear. Your internal frame pack may have a removable lid that can be used as a daypack. In addition, lightweight small daypacks can also be used as a substitute dry bag or nylon stuff zip bag, such as the Outdoor Research Drycomp. And last, another option for a day pack is the Summit Attack by Lowe Alpine, which doubles as a small day pack and a compression stuff sack (see "Sleeping Gear" section). The lap bag should be at least 1500 cubic inches volume. Think lightweight and multi-purpose!	

Miscellaneous Items			
These items are required they are not optional.			
Equipment	Quantity	Comments	Check List
Bandana	1-2	Bandanas have many uses from a field washcloth to sun protection.	

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. Glass lenses will get scratched less than plastic.	
Eyeglass Retainer	1	A "chum" or "croakie" is indispensable for keeping a hold of those eyeglasses and sunglasses. You can purchase these at outdoor or eyeglass stores.	
Eating Gear	N/A	A tupperware (1 to 2 pint) type bowl with a lid, lexan plastic spoon, and an insulated mug.	
Water Bottle	1	A one liter plastic, aluminum or stainless steel bottle.	
Lip Balm	1 tube	Stick or cream with sun protection.	
Pack Towel	1	A quick drying, small to medium sized pack towel is fine. It will be used for showers at the base, not in the field.	
Insect Repellent	1	A small bottle (no more than 3 oz).	
Miscellaneous Items (continued)			
Sunscreen	1 tube or bottle	A tube or bottle of 2-4 oz. is plenty. A sun protection factor 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. Remember the sun is out for nearly 24 hours each day.	
Small Notebook and Pen	1 each	A small steno-type notebook is fine. Avoid 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. A small box of scent free wet-towels has been recommended by female students.	
Watch	1	A cheap watch is best; one that is waterproof and has an alarm is preferable. 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.	
Bic Lighter	2	Due to airline regulations, you will need to purchase this item in Norway.	

Optional Items			
Equipment	Quantity	Comments	Check List
Fleece or Insulated Vest	1	If you are a cold sleeper, 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.	
Personal Floatation Device (PFD)	1	If you bring your own PFD, it must have a draw cord system at the waist and must be a Class III life jacket designed for kayaking. We will issue a PFD for each student as a part of group gear.	
Headlamp	1	These are helpful in late July and August, especially if you enjoy reading in the evening. A headlamp is a standard piece of emergency equipment.	
	1	We suggest sou'wester type rain hats, such as the Kokatat Nor'wester.	



Rain Hat			
Skonorak or Paddle Jacket With Hood	1	For the kayaking section, you may want an additional waterproof/ breathable pullover with hood. If you bring one it must be waterproof and have a hood. Gore-Tex or other waterproof/ breathable fabrics are acceptable. Some suggestions of rain parkas include: Kokatat Gore-Tex Paclite Paddling Jacket or the Paclite Full Zip Jacket, or the Patagonia Skonorak.	
Wind Pants	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. You may use your rain pants as wind pants.	
Neoprene Pogies	1 pair	One pair of neoprene poagies, such as the Tropos Kayak Mitt by Kokatat.	
Camera and Waterproof Case	1	You will need some type of waterproof container. NRS, Kokatat, and LLBean all make waterproof small dry bags for cameras. Pelican cases are sold in every camera store and are made especially for cameras. They are waterproof but not as lightweight as dry bags.	



Optional Items (continued)			
Thermos	1	All students and instructors recommend a thermos. A One-quart vacuum bottle is perfect. A warm cup of tea or cocoa can make a huge difference on cold, rainy days. Be sure it is stainless steel and not glass. Stanley, Aladdin, and Nissan are suitable. For the sea kayak section only.	
Binoculars	1	Many instructors and past students strongly recommend that you bring a pair. Binoculars are used not only for observing wildlife but also for determining the water conditions. You will need a waterproof bag, unless your binoculars are waterproof. These need not be too large or expensive. A 7X35 or 8X35 is a good choice. NOLS does not have any for group use.	
Underwear	2-3 pairs	Briefs or boxer shorts. Women can bring cotton, silk or a synthetic “quick drying” brand. 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.	
Vitamins	N/A	Some prefer a multi-vitamin supplement to the diet.	
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 these, especially for those who get sore joints.	
Book	1	Both sections will carry a small library of books that include: natural history, outdoor skills, and leadership resources for everyone to use. You can bring a book for your own pleasure. It must be lightweight and not hardback. (Leave Moby Dick and War and Peace at home or in your luggage.)	
Compass	1	We distribute one compass to each tent group. However, when students bring their own compasses, more map reading practice is possible for everyone.	
Small Instrument	1	Bring your harmonica or any other small instrument that can withstand a damp environment.	
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 do not encourage Crazy Creeks, as they are too heavy.	
Neckwarmer	1	Fleece neckwarmers are great and very comfortable. If you own one, bring it.	
Swimsuit	1	Women can use their lycra jogging top for sunny days as a swimsuit.	
Collapsible Umbrella	1	There will be many rainy days on this course and an umbrella comes in handy when you just want to run over to another camp or take a walk along the beach. The umbrella can also be used to keep some bugs away from your face, as they tend not to fly under the umbrella. Large golf umbrellas are preferred, if it will fit in your checked baggage.	
Coffee	N/A	If you are a coffee drinker bringing a pound of your favorite flavor will be appreciated.	

Knife	1	A small pocketknife or multi-tool.	
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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	Shovel	Blister kits
Camp Stoves	Kayaks	Equipment Repair Kits
Fuel, Fuel Bottles & Funnel	Paddles	Maps & Compass
Cooking Gear (pots, fry pans, group utensils, pot grips)	PFD's	Water Purification
Whetstone	Spray Skirts	Reference Books
Trowels or Shovels	First Aid Kits	Food bags for rations

Recommended Boots

Lightweight, off-trail backpacking boots work best. Make sure your boot has a well-constructed sole that is designed for extended backpacking trips on and off-trail (e.g. Vibram® rubber sole).

The following list 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 the types listed, provided the boot that you bring is a good quality model designed for long wilderness expeditions. The boots should provide good support for off-trail hiking with 40-50 lbs packs, and require less break-in time than heavier weight boots.

Examples Of Acceptable Boots*

Asolo: FSN 95 GTX, Voyager XCR, or Discovery

Vasque: Breeze, Boreas GTX, or Ranger GTX

* Please note that 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.



Quick Gear Checklist

This quick list is a tool and is not exhaustive.
Please read through the equipment list for specifics.

Footwear

- ___ Insoles
- ___ 4-6 pr socks
- ___ Camp shoes (closed toed)
- ___ Rubber boots
- ___ Sandals
- ___ Or,
- ___ Neoprene booties with reinforced sole
- ___ Lightweight boots
- ___ Gaiters

Upper Body Clothing

- ___ Base layer top
- ___ Heavy long underwear top or thin fleece
- ___ Insulated or fleece jacket
- ___ Synthetic or cotton t-shirt
- ___ Wind jacket or bug shirt
- ___ Lightweight rain jacket

Lower Body Clothing

- ___ Nylon shorts
- ___ Base layer bottoms
- ___ Expedition weight bottoms/synthetic puffy pants
- ___ Rain pants

Head/ Hands Misc. Clothing

- ___ Lightweight liner gloves
- ___ Sun Hat
- ___ Warm Hat
- ___ Mosquito headnet

Sleeping Gear & Storage

- ___ Sleeping bag
- ___ Sleeping pad
- ___ Compression stuff sack for sleeping bag
- ___ 1 Small waterproof dry bag
- ___ 2 Medium waterproof dry bags
- ___ 1 Large equipment bag
- ___ 1-2 small lightweight stuff sacks
- ___ 5 compactor trash bags (waterproof liners)
- ___ Backpack
- ___ Small day pack or lap bag

Miscellaneous Personal Gear

- ___ 1-2 Bandanas
- ___ Sunglasses and chums
- ___ Mug, bowl, spoon
- ___ Water bottle (1 Liter minimum)
- ___ Lip balm (SPF 15)
- ___ Pack towel
- ___ Insect repellent
- ___ Sunscreen (SPF 30+)
- ___ Notebook and pen (small & lightweight)
- ___ Toiletries (minimize!)
- ___ Watch
- ___ Rx meds
- ___ Rx glasses/ contacts
- ___ Lighter (*Purchase In Norway*)

Optional Items

- ___ *Insulated or fleece vest*
- ___ *PFD*
- ___ *Headlamp*
- ___ *Rain hat*
- ___ *Paddle jacket with hood*
- ___ *Wind pants*
- ___ *Neoprene pogies*
- ___ *Camera with case*
- ___ *Thermos*
- ___ *Binoculars*
- ___ *2-3 pairs underwear*
- ___ *Vitamins*
- ___ *Trekking poles*
- ___ *Trail book (lightweight)*
- ___ *Compass*
- ___ *Small Instrument*
- ___ *Sit Pad*
- ___ *Neckwarmer*
- ___ *Swimsuit*
- ___ *Collapsible umbrella*
- ___ *Coffee*
- ___ *Knife*

Travel Valuables/ Other

- ___ Passport
- ___ Flight info/ airplane tickets
- ___ Wallet
- ___ Phone & charger (optional)
- ___ MP3 Player & charger (optional)
- ___ Books &/or magazines (optional)
- ___ Travel snacks/ trail treats (optional)
- ___ Travel clothes, 2-3+ days worth

