

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 has only a few equipment or clothing items, for purchase or rent. Plan on bringing 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 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 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.



Footwear

Equipment	Quantity	Comments	Check List
Insoles	1 pair	To be used inside your rubber boots for insulation from the cold. 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. You will use 3 pairs on each section. We suggest bring 4-6, as there will not be an opportunity to do laundry during the transition between sections.	
Camp Shoes	1 pair	Lightweight sneakers, running shoes or Crocs in good condition and with closed toes to wear around camp and keep your feet dry. 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.	
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 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. (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 three (3) 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 taking four insulating layers.

Equipment	Quantity	Comments	Check List
Base Layer (Long Underwear Top)	2	Mid- or expedition-weight wool, polypropylene or polyester is best. (Example: Patagonia Capilene or similar) We suggest bringing 2, as there will not be an opportunity to do laundry during the transition between sections.	
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.)	



Upper Body Clothing (continued)

Synthetic T-shirt	2	To wear on warm days. We strongly encourage the lightweight wool, polyester, polypro, or coolmax top. No Cotton. We suggest bringing 2, as there will not be an opportunity to do laundry during the transition between sections.	
Wind Jacket	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 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. The 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 is primarily for use on the backpacking section (for the sea kayaking section NOLS will be renting paddling jackets). See the 'optional' section at the end of this document if you are interested in purchasing and bringing your own paddling jacket.	
Rain Pants	1 pair	You will need rain pants that will last for a month of heavy use. Coated nylon or waterproof breathable rain pants are acceptable. We recommend the Kokatat Paclite Boater's Pants or the Patagonia Rainshadow Pants.	

Lower Body Clothing

For both sections 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.

Equipment	Quantity	Comments	Check List
Nylon Shorts	1 pair	Light athletic hiking shorts are fine. These do not serve as an insulating layer.	
Base Layer Bottoms (Long Underwear)	2 pair	These must be mid-weight polypropylene, polyester (e.g. Patagonia Capilene, or Extend by Mountain Hardwear). Cotton and Duofold are unacceptable . We suggest bringing 2, as there will not be an opportunity to do laundry during the transition between sections.	
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 .	
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
Base Gloves	1-2	Liner, fleece, or wool gloves. If your hands get cold easily bring an additional pair of gloves.	
Windproof Gloves	1	A pair of shells, either five finger, mitten, or a pair of windbreaker fleece gloves, to be worn over your liner gloves during inclement weather.	
Sun Hat or Baseball Cap	1	Should be wide-brimmed to protect from sun.	
Fleece or Wool Warm Hat	1	To keep your head warm.	
Neck Gator and/or 'Buff'	1	Fleece neck gators are very helpful on the sea kayaking section. 'Buff's' can now be found in many American outdoor stores. It is a thin polypropylene or nylon tube that can be used as a additional hat or neck gator.	
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), rated to at least 20 degrees F. Due to the moist environment, down and feather bags are discouraged , Synthetic sleeping bags lose warmth with use, make sure your bag is near new or in good condition.	
Sleeping Pad	1	Should be closed-cell foam and 3/8" thick or a self-inflatable sleeping pad. Both ¾ or full length pads are acceptable. 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.	

Packs & Bags

Equipment	Quantity	Comments	Check List
Waterproof Dry Bags	1 small & 1 medium	For kayaking section, bring 1 small (10 liters) and 1 medium (18-22 liters) size dry bags for personal items. 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. Bags larger than 22 liters are too large to pack in the kayaks. An additional small nylon duffle 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)			
Equipment	Quantity	Comments	Check List
Lightweight Duffle Bag (aka Boat Bag)	1	Approximately 100-liter capacity. These large nylon bags are for the kayak section and will help you carry all your equipment in camp. Two large Ikea blue thick plastic shopping bags are acceptable as well. No canvas. Available to rent from NOLS Scandinavia.	
Small Lightweight Stuff Sacks	1-2	1-2 to organize personal gear, such as toiletries, personal hygiene articles or eating utensils. We recommend lightweight brands such as: Granite Gear.	
Trash Compactor Bags	5	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 dry bags and backpack. Regular trash bags are NOT acceptable.	
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 80 liters, but no more than 115 liters (5,000 – 7000 cubic inches).	
Lap Bag	1-2	For the kayak section. 1-2 small zippered bags, to keep items handy while paddling. If you want to bring your own, then 2 small-volume (10 Liter) dry bags works well. Available to rent from NOLS Scandinavia.	

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 (ideally with a cotton crotch for breathability). 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. Bring 2-4 pairs as there will not be an opportunity to do laundry during the transition between sections.	
Bandana	1-2	Bandanas have many uses from a field washcloth to sun protection. 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.	



Miscellaneous Items (continued)			
Equipment	Quantity	Comments	Check List
Eyeglass Retainer	1	A "chum" or "croakie" is indispensable for keeping a hold of those eyeglasses and sunglasses.	
Eating Gear	1 of each	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. This is for showers at the NOLS Base. It might also be useful on the kayak section, but most likely not recommended by your hiking instructors.	
Insect Repellent	1	A small bottle (no more than 3 oz).	
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 2 Pens	1	A small steno-type notebook is fine. 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 watch that is waterproof and has an alarm is required.	
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.	
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
Sandals with Neoprene Socks Or, Neoprene Booties with reinforced sole	1 pair	Some student stated they found these items useful when working on sea kayaking skills. 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: 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.)	
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.	

Optional Items (continued)

Equipment	Quantity	Comments	Check List
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 late in the evening.	
Rain Hat	1	We suggest sou'wester type rain hats, such as the Kokatat Nor'wester.	
Skonorak or Paddle Jacket With Hood	1	If you are very committed to paddling after NOLS you might consider purchasing your own paddling jacket or Skonorak. If you bring one it must be waterproof and preferably 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. Available to rent from NOLS Scandinavia.	
Neoprene Gloves	1 pair	Protection for your hands in the cold wet environment. Available to rent from NOLS Scandinavia.	
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.	
Camera and Waterproof Case	1	You will need some type of waterproof container. NRS, Kokatat, and L.L. Bean 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.	
Thermos	1	All students and instructors recommend a thermos, for the sea kayak section 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.	
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.	
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.	

Optional Items (continued)			
Equipment	Quantity	Comments	Check List
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.	
Swimsuit	1	Women can use their lycra jogging top for sunny days as a swimsuit.	
Collapsible Umbrella	1	There can be many rainy days on this course and an umbrella comes in handy. 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 as it is almost impossible to find good coffee in Arctic Scandinavia.	
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 day-pack. 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!	
Knife	1	A small pocketknife or multi-tool.	

Shared Group Equipment and Personal Issue – 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

Personal Issue: As stated previously NOLS Scandinavia does NOT rent personal expedition gear. However, there are a few items that are kayak specific that NOLS will rent to each expedition member. If you wish to bring your own version of these items please do so. Your instructor will check on its durability and quality during the one-on-one gear check.

Paddle Jacket	Neoprene Gloves	Inflatable Kayak Sit Pad
Lap Bags (to store handy items in the kayak)	Light-Weight Duffle Bag (Boat Bag)	

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.

