

Equipment List

Idaho Backpacking Adventure for 14- & 15-Year-Olds

Welcome to NOLS!

Having the right gear is vital for a fun and successful expedition. The following gear list is comprehensive. Please use it to get ready for your course. We have divided the list into four steps to help you gather equipment efficiently. You need the gear that we list, but how much you borrow, rent or purchase and from where is up to you. Please call us if you have questions.

When you arrive your instructors will sort through all the gear you have brought to fine-tune what you need (for instance, students who come in June may bring one more warm layer in the field than students who come in August). You will then go through our equipment room to rent or purchase items. We will help you go into the field with the right gear.

❶ First, use gear you already own!

You will be comfortable in tried and true pieces. Bring the most you think you will need and your instructors will help you sort out what to bring and what to leave behind in storage at NOLS Teton Valley.

❷ Second, rent key items from NOLS.

Unless you already know you have a future of backcountry travel ahead of you, we recommend you rent these items:

sleeping bag and pad, backpack, wind pants, wind shirt, fleece jacket and pants.

Gear rental lets you test gear so you can make more informed purchases for pursuing your camping adventures. You may purchase any of the items you used on your course, or any other pieces of used gear. Rental charges will be subtracted from the purchase price. This is a great way to build up your backcountry gear.

❸ Third, buy specific items at our store once you are here.

To make shopping easy, we recommend you buy basic **eating items** (mug, bowl with lid, spoon and water bottle), **personal care items** (lip balm, sunscreen, bug spray, hand sanitizer and lighter), **headlamp and batteries, a ball cap and warm hat, socks and gaiters** here. We also sell **base layers** (mostly Patagonia). You will find a wider variety of at home or online if you are looking for specific colors and styles. We **do not** sell boots, camp shoes or rain gear.

❹ Fourth, consider Pro Guide Direct or Preferred Retailers for new purchases.

Pro Guide Direct is an online store that carries a wide variety of gear – all of it tested, used and recommended by outdoor professionals and guides. And every purchase at Pro Guide Direct earns NOLS money for our scholarship program. Look in your email for a direct link from NOLS Teton Valley to Pro Guide Direct. Preferred Retailers are stores in your town with staff who are familiar with NOLS course equipment needs. Find Preferred Retailers at www.nols.edu. Buy your **boots, camp shoes** and **rain gear** before you come to NOLS. Also if you prefer a **synthetic insulated (puffy) jacket** to a fleece jacket, or would like a **wool base layer(s)**, or a **bladder and hose hydration system** shop at Pro Guide Direct or a Preferred Retailer.

Equipment Deposit and Gear Purchases

You pay an equipment deposit as part of your course enrollment. You do not need to bring cash with you for rental or purchases from the NOLS store. After your course we will tally your rental and purchase fees and apply those towards your deposit. You will be billed for any charges that exceed your equipment deposit or will receive a refund for any unused portion of your deposit approximately 2-4 weeks after the end of your course.

If you have any questions or if you would like more information regarding any of the items in the equipment list, please contact the NOLS Admission Office at 800-710-6657 or visit our web site at www.nols.edu.

Rental prices are for the duration of the course and all prices are subject to change.



① Gear that you already own

This category likely includes socks, underwear, sports bras, shorts, ball caps, warm hats, camp shoes, etc. These items are interspersed throughout this checklist. Feel free to bring anything that you think would work – we have a storage area for any gear that you bring with you from home and decide not to bring with you in the field once you have reviewed your gear with your NOLS instructor.

② Rent key items from NOLS

The items listed here are the essential camping items that tend to be expensive and that you may or may not use after your NOLS course. We recommend you rent these from us. If you would like to purchase these items from us after your course we will apply your rental fee towards your purchase. If you would like to purchase these items before your course, use the descriptions here to help guide you at Pro Guide Gear or your Preferred Retailers.

Equipment	Qty	Rental Price	Purchase Price	Comments	Have	Need
Sleeping Bag	1	\$40	\$100– \$250	We recommend synthetic-filled sleeping bags, which are durable and perform well in rainy weather. Down bags are insufficient for the wet conditions we encounter. A synthetic bag with approx. 3+ pounds of fill rated to 15°F or 20°F.		
Compression Stuff Sack	1	\$3	\$25	A sleeping bag stuff sack with straps attached to compress contents.		
Foam Pad	1	\$2.50	\$10	Full-length closed cell foam pad. We recommend a foam pad as it will never deflate or puncture. Instructors often bring an air mattress with a patch kit. We carry Cascade Designs (aka Thermarests).		
Air Mattress			\$85–115			
Sleeping Pad Stuff Sack	1	\$1	\$4	Protects sleeping pad if/when it is lashed to the outside of your pack.		
Internal Frame Backpack	1	\$45	\$165-\$450	We rent Deuter Air Contact internal frame packs, tailor made for NOLS courses (70 and 90 litres). Deuter makes simple packs that are relatively light, durable and fit well.		
Small Stuff Sack	2–3	\$1	\$4	Used for organizing items in your pack. Mesh or nylon.		Optional
Lash Straps	1 pr	\$2/pr	\$3.50	You would use these to tie your sleeping pad on if it did not fit in your pack.		Optional
Trash Bags	2–3		\$2	Compressor bags are best for waterproofing gear. We buy them in bulk.		
NOLS Wind Pants	1	\$12	\$60	The signature piece of NOLS gear, NOLS custom sews a breathable pant with reinforced patches on the seat and knees that can be pulled on over other layers comfortably.		
NOLS Wind Shirt	1	\$10	\$55	Lightweight and breathable, this style is a pullover with a hood (hood recommended if you bring your own).		



Fleece Jacket	1	\$10	\$60	On most courses you will want the extra warmth of a fleece jacket. If you already own one, and are okay with it getting dirty, bring it. Look for a jacket that is 16 oz or less in total weight. We have a basic model for rent. Another option is to buy a synthetic insulated jacket (see below)		
Fleece Pants	1	\$10	\$50	Only our earliest courses sometimes need the extra warmth of lightweight fleece pants. If you are on a June course you should think about renting these or buying a pair of expedition weight synthetic or wool long underwear.		Optional

③ If you don't already have these items, we recommend you buy them at NOLS Teton Valley once you are here.

Equipment	Qty	Purchase Price	Comments	Have	Need
Eating Basics	1	\$12 - \$27 \$6 \$2	12 oz insulated mug or 16 oz insulated metal bottle Sturdy bowl with lid (we sell Lexan) Sturdy spoon (we sell Lexan)		
Water Bottle (wide mouth)	1	\$8 \$13 \$22	16 oz BPA free Nalgene or 32 oz BPA free Nalgene with logo or 27 oz metal bottle with logo		
Toiletries Basics	1	\$2 \$7 - \$12 \$4 \$4 \$2	Lip Balm (with SPF 15 or greater) Sunscreen (1oz – 3 oz, SPF 30 +) <i>with Zinc/Titanium Oxide recommended.</i> Bug Dope (All Terrain Herbal 4 oz) Hand Sanitizer (2oz) Lighter (for lighting the cooking stove)		
Wool or Synthetic Socks	4 pr	\$12 ea	Wool or wool synthetic blend trail/hiking socks.		
Liner Socks	2 pr	\$7 ea	Lightweight wool or Capilene socks to wear under your hiking socks.		Optional
Gaiters	1	\$20 - \$30	Must be knee high and durable. Examples include Black Diamond, OR, Granite Gear & Mountain Hardware.		
Headlamp and Batteries	1	\$35	Durable and lightweight with one extra set of batteries.		
Sun Hat / Ball Cap	1	\$18	Ball cap or visor or hat with a wide brim.		
Warm Hat	1	\$30	Wool or fleece.		

④ Fourth, consider NOLS, Pro Guide Direct or Preferred Retailers for new purchases.

This section is divided into two areas. The first are the things you can purchase at the NOLS store once you arrive. The second are the things you need to bring with you as we do not have them available for rent or purchase once you are here.

Equipment	Qty	Price	Comments	Have	Need
<p>You will need some combination of 3-4 upper body layers that can all be worn at the same time under your wind layer or puffy jacket or fleece jacket. Lots of combinations work, so first look in your closet! NOLS carries a variety of long underwear, mainly Patagonia, here in our store if you would like help from your instructor in choosing what combination will work best for you. Most students only need one warm lower body layer.</p>					
T-shirt	1	\$42	This is what you will wear every day under everything or alone so be sure you like it. Synthetic or wool.		
Long Sleeve Shirt	1-2	\$43 - \$50	Capilene or wool, many people prefer a zip neck. You may want both a light and a mid weight. This is where you decide if you want three total layers or four. Bring two long sleeve shirts if you want four layers.		
Warmer Pullover	1	\$85 - \$150	Light-weight fleece, expedition weight polypro or mid weight wool, many prefer hoodies.		
Mid-weight Bottoms	1	\$38	Wool or synthetic polypro or Capilene.		
Nylon Shorts	1	\$45	Quick drying loose fitting nylon hiking, athletic or river shorts that are comfortable while wearing a backpack.		
Sunglasses and Retainer	1	\$40 \$6	Lenses should block UVA and UVB. Polarized lenses are even better. Chums to keep track of your glasses.		
Mosquito Head Net	1	\$5	Should fit over a baseball cap and cover the neck. Not all courses need these.		
Bandanna	1-2	\$3.50	Handy for cleaning glasses or protecting your ears/neck.		
Notebook & Pen	1	\$1-\$8	A small, lightweight notepad is ideal for taking notes and keeping a journal.		

④ Fourth continued: Bring the following things with you. We do not have them available for rent or purchase. We recommend you shop at **Pro Guide Direct** or at a **Preferred Retailer**. Please call if you need help in selecting appropriate gear for your course.

Equipment	Comments	Have	Need
Hiking Boots	<p>Medium-weight, off-trail backpacking/light mountaineering boots work best. This type of boot is constructed with a full grain leather upper and typically has a Vibram® rubber sole. Some models use an injection molded, composite rubber sole with a randed welt to bond the leather upper to the sole. Both types of sole are acceptable. These boots are designed for extended backpacking, provide good support for off-trail hiking with heavy packs, and usually require less break-in time than heavyweight mountaineering boots. They are not lightweight low hikers. Some choose to add a commercial insole to their boot at the time of purchase. It is important to do this with your boot fitter to ensure a proper fit. Although boots are much more forgiving than they used to be, it is still a good idea to purchase yours in time to take a hike in them before you come to NOLS. You want to be sure the pair you have selected are a terrific fit for your foot.</p>		



Camp Shoes	Lightweight running or cross training shoes in good condition. Crocs or similar closed toe shoes with a heel strap will work for in camp. If you bring a lightweight shoe like a Croc, you will then wear your hiking boot every time you leave camp. If you bring a runner or cross shoe, it would be a fine shoe for day hikes and some peak ascents. Sandals are not suitable as a camp shoe.		
Rain Jacket (Rain Pants)	Lightweight waterproof jacket with a hood. Coated nylon or breathable fabrics such as Gore-Tex work well. If you already own rain pants and are coming for a June course, bring them. Most of our summer students do not bring rain pants as it does not rain enough to warrant carrying them and our wind pants offer some water resistance.		
Synthetic Insulated Jacket (Puffy)	This would be the warmest of your 3-4 layers for your upper body. Some students either already have or choose to buy or rent a fleece jacket instead. Look for a total weight of 8-16 oz. Good models are Montbell Thermawrap, Patagonia Nano Puff Hoody, Mountain Hardware Zonal, Sherpa Ilam, Helly Hansen Odin.		
Sports Bra or Tank and Underwear	Women should bring 1-2 sports bra/tanks that are comfortable for every day all day wear. Choose synthetic or wool as cotton takes too long to dry after a long hot day. Bring 2-3 pair of wool, synthetic or thin cotton underwear that are comfortable with your hiking shorts.		
Toiletries	In addition to the basic toiletries (lip balm, sunscreen, bug dope) you only need a few other things. Keep toiletries to a minimum. Toothbrush, 2-3 oz toothpaste, floss, tampons or pads, comb, small bottle unscented skin lotion. NO deodorant or shampoo is used on course, but it is okay to bring some for your post-course shower.		
Watch	A waterproof watch with an alarm.		
Hydration System (Camelbak, Platypus, Ultimate Direction)	Many instructors and students find they hydrate more consistently with a hydration system. You do not need a carrier, you do need the bladder and the hose. You also need to bring one additional liter size water bottle in case of a leak.		Optional
Trekking Poles	We note these as your instructors may use them. If you already know you like to use poles for hiking, bring one or a pair that telescopes for easy packing.		Optional
Camp Chair	Lightweight "Crazy Creek" style. If your pack is too heavy when we weigh it before your course, your instructors may not allow you to take this.		Optional
Water Treatment System	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 own water filter such as the PUR Scout or Hiker, or the SWEETWATER Guardian.		Optional
Zip-Loc type Bags	Quart size zipper bags can be a helpful way to organize, waterproof and be able to see your gear.		Optional
Glasses or Contacts (plus spare)	If you wear glasses or contact lenses you need to bring a back-up pair of glasses. (Prescription sunglasses can act as a spare pair).		Optional
Dental Devices	Hard protective case recommended. Consider bringing an extra if loss/damage would be detrimental to your teeth.		Optional
Camera	A small padded case is highly recommended.		Optional

Book	Summer days are full, but we also have lots of evening sunlight. Please keep your book to a small paperback.		Optional
Prescription Medications and Vitamins	If you take prescription medications, please be sure you have enough for your entire course, travel days plus a few extra in case of mishap. Likewise, if you take a multi- vitamin, bring enough for the number of days you will be away from home. REMEMBER ALL prescription medications need to be cleared with the Admissions Officer prior to your NOLS course. Please call and update your Admissions Officer if you have updated any medications since your application was accepted.		Optional

We will email you a direct link to get to your online gear list at Pro Guide Direct.

You may want to bring a clean set of comfortable cotton clothes for stepping into after you take a hot shower at the end of your course! ☺

Please call NOLS Teton Valley if we can help. 208.354.8443