

Equipment List

Teton Valley Winter Courses

Welcome to NOLS!

We look forward to meeting you. We have designed this equipment checklist and matching descriptions to help you decide what to bring on your course. Please take the time to read the descriptions carefully. Then use the corresponding equipment checklist to decide what to bring from home and what to rent from us.

Because you will have a better understanding of your equipment preferences after your course, we recommend renting from NOLS rather than purchasing expensive gear in advance. Gear rental will provide you with an opportunity to test equipment and will help you to make more informed purchases in the future. If the 'Rental Price' column is grey, that item is not available for rent; if the 'Purchase Price' column is grey, that item is not available for purchase. If you want any of the items for your course that are not available for rent or purchase, be sure to bring them with you!

If you wish to buy gear before your course, consider Preferred Retailers. Preferred Retailers are retail stores that maintain close ties to NOLS. The staff members at these stores are familiar with NOLS and have a good idea of the equipment needs you are likely to encounter. They can be vital in getting you started on an expedition. Please ask the NOLS admission office about Preferred Retailers in your area or visit our web site at <http://www.nols.edu>.

We encourage you to bring gear that you already own and to bring a selection of items that you can choose from when you have NOLS instructors available to help guide your decisions. For example, if you can't decide if two mid-weight tops will be more appropriate than a mid-weight and expedition weight fleece, your instructors can offer their expert advice. They will inspect any gear you bring from home to determine its suitability for your course. If an item is not appropriate, you can leave it with your baggage in our storage lockers.

Equipment Fees

The NOLS outfitting department is capable of providing nearly all of the equipment needed for your course. To cover the cost of equipment rental, you have been charged an equipment deposit in addition to the course tuition. Additional charges will be incurred for any equipment that is lost or damaged. Your final outfitting charge will depend on how much gear you rent and/or purchase from NOLS and how much of your own equipment you use. You will be billed for any charges that exceed your equipment deposit, or refunded any balance, approximately 2-4 weeks after the end of the course.

Gear Purchase

At the end of the course, students may opt to purchase new and used equipment. NOLS offers substantial discounts for used equipment and the rental deposit for gear used on your course will be applied toward purchase. A cautionary note: additional gear purchases may raise your total outfitting bill well above the rental deposit coverage.

If you have any questions or if you would like more information regarding any of the items on the equipment list, please contact the NOLS admission office at 800-710-NOLS or visit our web site at <http://www.nols.edu> or contact NOLS Teton Valley directly at (208) 354-8443 or NOLS_Teton_Valley@nols.edu



Check out the cool videos on winter layering and courses at NOLS Teton Valley at <http://www.nols.edu/courses/locations/teton/> and click on the NOLS.TV link.

Equipment Descriptions

	HEAD, NECK & HANDS	
Item	Description	Comments
Warm Hat	Wool or Fleece Hat	
Balaclava	This is a full head and neck covering with an opening for the face. Usually made out of Polartec 100 or 200 fleece.	If you bring a balaclava and a warm hat, you don't need a neck gaiter. If you prefer, bring a warm hat and a neck gaiter.
Neck Gaiter	Fleece is more comfortable than wool.	
Sun Hat	Baseball cap with a brim works well.	
Sunglasses	Lenses should be dark and block UV and infrared light.	
Sunglasses Retainer	Chums or Croakies to keep track of your glasses.	
Ski Goggles	Recommended for skiing at Grand Targhee.	
Liner Gloves	These thin polypropylene gloves are essential, as you never want bare hands in the winter.	Your hand layers should ultimately look something like this: 2 pr. liner gloves; 2 pr. other gloves/mittens; 1 pr. glove/mitten shells; 1 pr. insulated mittens.
Wool gloves/mittens	If your hands get really cold, bring mittens. Otherwise, either will work. Gloves offer more dexterity, whereas mittens offer more warmth.	
Fleece gloves/mittens		
*Mitten Shells *	Water-repellent nylon or Gore-Tex mitten shells should fit over a pair of liner gloves and a pair of fleece/wool gloves or mittens. If you are only bringing gloves and no mittens, you can bring glove shells.	
*Insulated Mittens *	Synthetic-filled mittens that fit comfortably over mittens or gloves. These are for cold days or around camp.	



UPPER BODY		
Item	Description	Comments
Synthetic T-shirt	Synthetic fabric only. No Cotton.	<p>Your upper body layers should ultimately look something like this: 1 t-shirt (optional); 1-2 mid-weight tops; 1 expedition wt. top; 1 fleece/insulated jacket; 1 windshirt; 1 ski jacket (optional); 1 insulated parka</p> <p>***If you get cold easily, bring along a fleece vest also.</p>
Mid-Weight Top	Light or mid-weight base layer made of polypropylene, Capilene 1 or 2, or ZeO2.	
Expedition Weight Top	Expedition-weight top, Patagonia R1, lightweight fleece, a wool sweater or Capilene 3.	
Fleece Vest	Fleece or Synthetic-filled vest.	
Fleece/Insulated Jacket	Thick fleece, Polartec, Primaloft, Patagonia R2 or a lightweight down jacket.	
Ski Jacket	This is optional, but recommended. Gore-tex jackets are nice to have on days at Grand Targhee and on big storm days in the backcountry.	
Wind Shirt	A lightweight, breathable nylon wind shell is great for hard travel days and for digging your shelters, when a Gore-Tex jacket is too warm.	
*Insulated Parka *	A synthetic or down filled winter parka with a hood. This must fit comfortably over all your upper body layers. This is a really warm jacket for around camp. Rent one from us if you don't already have one.	
Sports Bra	Women should bring a synthetic sports bra or sports tank.	

LOWER BODY		
Item	Description	Comments
Mid-Weight Bottoms	Light or mid-weight base layer made of polypropylene, Capilene 1 or 2, or ZeO2.	<p>Your lower body layers should ultimately look something like this: 1 pr. mid-weight bottoms; 1 pr. expedition weight bottoms or fleece pants; 1 pr. wind pants or Gore-Tex pants; 1 pr. insulated pants.</p>
Expedition Weight	Expedition-weight bottoms or Patagonia R1.	
Fleece Pants	Fleece pants are nice to have in camp. Side zippers, so these can be pulled on and off over ski boots, are essential.	
Wind Pants or Gore-Tex Pants	Breathable nylon wind pants that are roomy enough to fit over lower body layers. Side zippers are a must on these. Gore-Tex pants, without insulation, are the preferred option by most instructors.	
*Insulated Pants *	Synthetic-filled pants that fit comfortably over all your lower body layers.	
Underwear	Silk, synthetic, or none. We recommend women bring 2-3 pr. of synthetic underwear with a cotton crotch. Men can bring synthetic underwear or just wear long underwear.	



FEET		
Item	Description	Comments
Liner Socks	Optional. Bring 2-3 pr of lightweight wool, polypropylene or Capilene socks if you want to use a liner sock and wool sock combination inside your ski/snowboard boots.	Your sock system should ultimately look like this: 3-4 sets of travel socks (this may be 4 pr. liners + 4 pr. wool or 4 pr wool); 1 pr. camp socks; 1 pr. sleeping socks
Wool or Polypro Socks	Ragg wool or wool/polypropylene blend.	
Gaiters	These are to keep snow out of your ski boots. We rent ski boot specific gaiters.	If you are bringing your own ski pants, most have integrated gaiters.
*Inner Booties *	This is a bootie system for in camp. Inner and outer booties are synthetic or down filled. Inner booties should fit inside outer booties. Over boots are a mukluk made of nylon shell that comes up to just below the knee, and should fit over both the inner and outer booties.	Your in camp bootie system should ultimately look like this: 1 pr inner booties (down or synthetic); 1 pr outer booties; 1 pr over boots.
Outer Booties		
Over Boots		
Ski Boots	For ski courses. We rent Scarpa T3s & T2s, Garmont Veloces & Liberos, and Black Diamond Axis We have mens sizes 5-13.	If you bring your own boots, make sure they are roomy. Warm feet are more important than performance fit in the backcountry.
Snowboard Boots	For snowboard courses. We rent soft boots from sizes 6-12. We use strap bindings on our boards.	

PACKING SYSTEM		
Item	Description	Comments
Zip (Duffel) Bag	Lightweight, medium-sized zippered nylon bag (approx 12" x 24") with nylon handles.	Used in the packing system.
Small Stuff Sacks	Used for organizing items in your pack.	
Backpack	NOLS rents a variety of internal frame backpacks. We recommend a pack with between 5500 - 6000 cubic inches of volume (40-50 Liters). If you don't already own a pack this size, we recommend renting one from us, in order to try before you buy.	If you have a smaller pack (30-40 liters), bring it along and ask your instructors if it will work.
Lash Straps	Optional	
Trash Bag	Trash compactor bags are ideal, as they are sturdier than others. These are available at NOLS Teton Valley for purchase.	Used for waterproofing gear.



SLEEPING SYSTEM		
Item	Description	Comments
Sleeping Bag	We recommend synthetic-filled bags, as they are easier to care for. You need a bag with 4+ pounds of fill, rated to -15F to -20F at a minimum. If you have camped in challenging, wet weather before with a winter rated down bag, then your instructors may let you bring it on the trip. If not, synthetic-filled is a much better option.	A sleeping bag is an essential piece of safety gear. Instructors will exercise their judgment when evaluating your sleeping bag.
*Compression Stuff Sack *	Stuff sack with straps attached on the sides to compress your sleeping bag.	Make sure that your Winter sleeping bag fits.
Sleeping Pad	Full-length closed cell foam pad to insulate and pad between the ground and your sleeping bag. Therm-A-Rest pads are acceptable also.	Please bring a patch kit if you bring a Therm-a-Rest.
Sleeping Pad Stuff Sack	Protects your sleeping pad if/when it is lashed to the outside of your pack.	
Ground Cloth	A waterproof nylon sheet to go between your sleeping pad and the snow.	We often bring 1 for every 2 people.

SKI/SNOWBOARD GEAR		
Item	Description	Comments
Skis	For ski courses. We rent Atomic and Black Diamond skis with Voile cable bindings.	If you bring your own telemark or AT gear, please bring a binding repair kit.
Split-board Snowboard	For snowboard courses. We rent Voile split-boards with a Rossignol strap binding.	
Ski Poles	A sturdy pair of adjustable poles with medium to large baskets. We rent Black Diamond 2 and 3 piece adjustable poles	
*Climbing Skins *	We use synthetic hair, adhesive climbing skins.	
Transceiver	We issue Tracker transceivers.	There is no rental charge for these items.
*Shovel *	A sturdy, collapsible snow shovel.	
*Probe *	A sturdy, collapsible avalanche probe.	

EATING SYSTEM		
Item	Description	Comments
Insulated Mug	NOLS carries 12 oz & 20 oz insulated mugs with lids.	A .5 L Nalgene bottle is another good option that warms your hands and cools off quickly.
Bowl with Lid	A Tupperware bowl w/ lid works great.	
Spoon	Lexan spoons are light and durable.	
Water Bottle	Wide mouth quart or liter size plastic bottles.	
Stainless Steel Thermos 0.5-1 liter	Optional, but highly recommended. This allows you to have hot tea, cocoa, or soup during a travel day.	Glass-lined thermoses are not appropriate.

*All together your water holding capacity between water bottles and a thermos should be 2 Liters



MISCELLANEOUS		
Item	Description	Comments
Lip Balm	Needs to have SPF 15 or greater.	
Sunscreen	SPF 15 or greater. Small bottles recommended.	Sunscreen that contains zinc and/or titanium zinc oxide recommended.
Bandana /Buff	Handy for cleaning glasses or protecting your ears and face.	
Headlamp	Durable and lightweight.	
Extra Batteries	Bring 1 spare set for your headlamp.	
Lighter	Used for lighting the camp stove and lanterns.	
Notebook & Pen	A small, lightweight pad is ideal.	
Camera	Optional	
Candle	Plumber's candles. Used to light up snow shelters.	
Knife	One small pocketknife is sufficient.	Typically, we bring 1-2 knives/course.
Watch w/Alarm	A waterproof watch.	
Toiletries	Keep these to a minimum. Toothbrush, small tube of toothpaste, floss, comb/brush, tampons.	
Book	A lightweight paperback reading book.	
Slippers	A nice amenity during the days in-town.	
Casual Clothes	Comfortable, casual clothes for 4-6 days in-town at the beginning of your course (Snow boots optional but, recommended!)	

* Denotes items that previous students have appreciated renting from us*

Now that you have reviewed the list, we will reiterate that renting gear from NOLS, if you do not already own it, will help you be more efficient in your long-term gear purchases (i.e. getting what works best for you and avoiding expensive purchases that might not serve you well in the long run).



Equipment Checklist

Layer	Required #	Bringing with	Getting from NOLS	Rental Price	Purchase Price
HEAD, NECK & HANDS					
Warm Hat	1			\$3	\$20 - \$30
Balaclava or Neck Gaiter	1			\$4	\$20
Sun Hat	1				\$18
Sunglasses	1				\$40
Sunglasses Retainer (i.e. Chums)	Optional				\$6
Ski Goggles	Optional				\$50
Liner Gloves	1 - 2				\$10
Wool gloves/mittens					\$12
Fleece gloves/mittens	2				\$28 - \$45
Mitten Shells	1			\$8	\$35
Insulated Mittens	1			\$8	\$35
UPPER BODY					
Synthetic T-shirt	Optional				\$29
Mid-weight Top	1-2				\$43 - \$50
Expedition Wt Top	1				\$69 - \$85
Fleece Vest	Optional			\$10	\$35 - \$50
Fleece/Insulated Jacket	1			\$10	\$50 - \$75
Ski Jacket	1				
Wind Shirt	1			\$12	\$55
Insulated Parka	1			\$35	\$210
Sports Bra					
Sports Tank	1				\$36.00
LOWER BODY					
Mid-weight Bottoms	1				\$38
Expedition Wt Bottoms	1				\$35 - \$65
Fleece Pants	1			\$10	\$50
Wind Pants	1			\$12	\$60
Gore-Tex Pants	1				
Insulated Pants	1			\$25	\$125
Underwear	2-3				
FEET					
Liner Socks	Optional 2-3				\$7
Wool or Polypro Socks	5 - 6				\$12 - \$20
Gaiters	1			\$10	\$20 - \$30
Inner Booties	1			\$7	\$20 - \$40
Outer Booties	1			\$7	\$20 - \$40
Over Boots	1			\$15	\$60-\$90
Ski Boots	1			\$85	\$200-\$300
Snowboard Boots	1			\$60	\$150



PACKING SYSTEM					
Summit (Day) Pack	1			\$15	\$65
Zip (Duffel) Bag	1			\$3	\$15
Small Stuff Sack	2-3			\$1	\$4
Backpack	1			\$40	\$165-\$450
Lash Strap	Optional			\$2/pr	\$4
Trash Bag	3				\$2
SLEEPING SYSTEM					
Sleeping Bag	1			\$45	\$200-\$250
Compression Stuff Sack	1			\$3	\$25
Closed Cell Foam Sleeping Pad	1			\$3	\$10
Therm-a-Rest Sleeping Pad	1				\$100
Sleeping Pad Stuff Sack	1			\$1	\$4
Ground Cloth	1			\$2	\$8
Sled Packing System	1			\$15	No purchase
SKI/SNOWBOARD GEAR					
Skis with bindings	1			\$85	\$175-\$250
Split-board Snowboard	1			\$100	\$400
Ski Poles	1			\$15	\$70
Climbing Skins	1			\$15	
Transceiver	1				Group Gear - no fee
Shovel	1				Group Gear - no fee
Probe	1				Group Gear - no fee
EATING SYSTEM					
Insulated Mug	1				\$13
Bowl with Lid	1				\$6
Spoon	1				\$2
Water Bottle	2				\$13
Thermos (0.5 L)	Optional				\$28
MISCELLANEOUS					
Lip Balm	1				\$2
Sunscreen	1-2				\$12
Bandanna	1-2				\$4
Headlamp	1				\$35
Extra Batteries	1-2 sets				\$5
Lighter	2				\$2
Notebook & Pen	1				\$1 - \$8
Camera & Film	Optional				
Candle	Optional				\$1
Knife	Optional				
Watch w/Alarm	1				
Toiletries	Yes				
Book	Optional				

