

Equipment List

Yukon Instructor Course

We look forward to having you with us. This list will help you decide what to bring on your course. Please take time to read the following information carefully before making equipment choices.

You are welcome to bring gear you already own. Please try to match your selections as closely as possible to the items described in the following list. Your instructor course is an opportunity to learn new systems and fine-tune your old systems. Ultimately, your instructors are most familiar with the course area and local climate and will work with you to review all of the gear you bring to determine if it is suitable for your route and anticipated weather. You can leave extra gear with your baggage in our storage lockers.

NOLS outfitting departments are capable of providing the majority of the equipment needed for your course. To cover the cost of equipment rental, an equipment deposit fee is required in addition to course tuition. The fee reflects the average amount students incur on the given course type. The final equipment cost will vary according to how much gear you rent and/or purchase, and if there are any charges for lost or damaged gear. At the end of a course, students can purchase new and used equipment. NOLS offers substantial discounts for used equipment and the rental fee will be applied towards purchase. A cautionary note: additional gear purchases may raise the total outfitting bill well above the rental deposit amount. You will be billed for any charges that exceed your equipment deposit fee. Likewise, you will be refunded any unused balance. Your bill or refund will be mailed within 2-4 weeks of 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-NOLS, NOLS Yukon 867-668-3578 or visit our web site at www.nols.edu.

Item Availability:

Available at NOLS: Can be rented or purchased from NOLS Yukon if you choose to not bring from home.

Must Bring: Not available from NOLS; bring from home.

Optional: Item is not needed but may be desired



Upper Body Layers

We layer our clothing, combining different garments to achieve optimum insulation and protection from wind, rain and snow. The upper garments listed here are either synthetic or wool, which insulate when wet, or nylon or Gore-Tex® which help prevent heat loss by cutting wind, rain and snow. You will need 3-4 insulating layers, plus a wind and a rain layer. All must fit comfortably over one another so they may be worn simultaneously. With the exception of your t-shirt, cotton and cotton blends are unacceptable, as cotton offers poor insulation when wet. During the river travel, it is useful to have one under layer, which will get wet, for the river and a second under layer, which will be dry, for camp.

Equipment	Rental Price	Purchase Price	Qty	Comments	Check List
Under Layer (Mid-Weight Synthetic)	Purchase Only	Available at NOLS \$35-40	2	Mid-weight underwear top made of wool, polypropylene, or Capilene®. Zip turtleneck styles are a good choice for comfort and the ability to vent.	
Secondary or Middle Layer (Fleece Pullover)	Purchase Only	Available at NOLS \$35-50	1-2	There are many options for middle layers. Some are inherently warmer than others. If you tend to get cold, choose a heavier layer or 2 middle layers. Expedition weight underwear, polyester fleece pullover of Polartec® 100 or 200, or a wool sweater are appropriate.	
Top Layer (Fleece or synthetic puff jacket)	Available at NOLS \$25	Available at NOLS \$85-160	1	Heavyweight, full-length zip fleece (Polartec® 300) or synthetic puff jacket (polyester). Must fit comfortably over your other insulating layers.	
Fleece Vest (Optional)	Available at NOLS \$10	Available at NOLS \$50-60	1	Optional. A polyester fleece vest of Polartec® 200 or a synthetic filled vest. This is an additional layer if you tend to be cold. It should not be substituted for any of your 3 insulating layers.	
Wind Shirt / Anorak (Optional)	Available at NOLS \$20	Available at NOLS \$60-120	1	Optional. A lightweight, breathable, durable nylon wind shell, pullover or parka style that fits comfortably over all your insulating layers. We strongly recommend a hood. There are many styles out there – this item is worn while hiking or in windy conditions where a rain jacket would be too hot.	
Rain Parka	Purchase Only	Available at NOLS \$100-150	1	Sturdy, roomy waterproof jacket with a hood. Both coated nylon and breathable fabrics such as Gore-Tex® are acceptable. Consider the balance between a lightweight jacket, that still seems durable, to withstand abrasion. “3-ply” fabric is suggested.	
Bug Shirt (Optional)	Purchase Only	Available at NOLS \$10-20	1	Optional. A bug shirt is a combination of cotton and mesh fabric that keeps your upper body, head and face protected from mosquitoes. Often our instructors’ most favored piece of clothing!	
T-Shirt	Purchase Only	Available at NOLS \$29	2	A cotton or lightweight polyester/Capilene T-shirt. NOLS Yukon logo cotton T- shirts for sale.	

Our advice? Bring the fleece jackets and mid-layers you think might work. We'll advise you on the best combination for your course, the season and area. We also have a wide selection at NOLS Yukon and can get you the right layers when you get here.



Lower Body Layers

You will need 2 synthetic insulating layers plus a wind layer. Most students are comfortable with a mid-weight primary (or base) layer and an expedition weight second layer. Both must fit comfortably over each other so that they can be worn at the same time. If you tend to get cold easily, bring a pair of fleece pants for your second layer.

Equipment	Rental Price	Purchase Price	Qty	Comments	Check List
Primary Layer (Mid-Weight Synthetic)	Purchase Only	Available at NOLS \$30-40	1-2 pair	Mid-weight bottoms of high performance polyester, wool, polypropylene, or Capilene®. Cotton and cotton blends are not acceptable.	
Second Layer (Exp.-Weight Synthetic)	Purchase Only	Available at NOLS \$40	1 pair	Expedition weight bottoms that fit comfortably over the under layer.	
Fleece Pants <u>(Optional)</u>	Available at NOLS \$20	Available at NOLS \$65	1 pair	Optional. Choose to bring these or a pair above depending on how cold you get. Polartec® 200 or equivalent. Side zippers make it easier to put pants on over boots.	
Wind Pants	Available at NOLS \$30	Available at NOLS \$69	1 pair	Breathable nylon wind pants, roomy enough to fit over all lower body garments. Gore-Tex® pants are acceptable and can double as rain pants. Zippered legs will help you slip your pants on over boots. We recommend that you rent wind pants from us. NOLS has a custom design that includes zippered legs and reinforced patches at points of wear. They are frequently the one item students will purchase after their course.	
Rain Pants	Purchase Only	Available at NOLS \$70-120	1 pair	Sturdy, roomy waterproof pants made of coated nylon or Gore-Tex®.	
Nylon Shorts	Purchase Only	Available at NOLS \$30-40	1 or 2 pairs	Loose-fitting nylon athletic shorts.	
Briefs/Sports Bras <u>(Optional)</u>	Purchase Only	Available at NOLS \$20-30	1-4 pair	Optional. Silk and synthetic are best as they wick away moisture and dry quickly. We recommend that men go without underwear and use nylon athletic shorts with liners. We recommend women bring 3-4 pair of underwear and non-cotton sports bras.	

Our advice? Bring the synthetic or wool long johns or exercise pants you think might work. We'll advise you on the best combination for your course, the season and area. If you are unsure, wait to get the right layers at NOLS Yukon with the advice of your instructors.



Head, Neck and Hand Layers

Equipment	Rental Price	Purchase Price	Qty	Comments	Check List
Sun Hat	Purchase Only	Available at NOLS \$24	1	To protect ears and face from the sun. Baseball caps are available for sale.	
Wool or Fleece Hat (Toque)	Purchase Only	Available at NOLS \$10-30	1	Warm hat made of wool or fleece. If you are using a hat instead of a balaclava, we recommend you bring a fleece neck gaiter for extra insulation.	
Mosquito Headnet	Available at NOLS \$5	\$10	1	Light, nylon headnet with a drawstring. A high quality weave is worth its weight in gold. You do NOT require BOTH a bug jacket and mosquito headnet. One or the other is fine.	
Wool or Fleece Gloves or Mittens	Purchase Only	Available at NOLS \$10-25	1 pair	Ragg wool or synthetic (fleece).	
Mitten Shells	Available at NOLS \$12	Rental Only	1 pair	These are nylon shells that fit over your mittens or gloves. These over-mitts will keep your warm gloves/mittens dry.	

Our advice? As long as they're not cotton, bring your gloves and mittens and we'll see if they'll work. You may need one pair, or depending on the weather, you may need two pairs. Also bring head layers that you like and we will help you pick the appropriate combination.

Packs

Equipment	Rental Price	Purchase Price	Qty	Comments	Check List
Backpack	\$95	Available at NOLS \$200-400	1	Our packs are large, expedition models with a volume of 6300 to 7000 cubic inches (95-110 L). If you are planning to purchase a pack, it must meet this volume requirement to be suitable for a course. A 5000-6000 cubic inch pack may be acceptable with the addition of two large side pockets. Recommended packs include: NOLS/Lowe Alpine, Dana Designs Astraplane, Osprey Motherlode, Lowe Alpine Kanga Himal 100, Gregory Denali, North Face Aurora, Arc'Teryx Bora 95 and other packs of similar quality and capacity. If you do not already own a pack we recommend you rent one from us. If you bring your own, your instructors will examine it for suitability. If you own an external frame pack with a top extension bar and a minimum volume of 3500 cubic inches it may be suitable for your course. We do not recommend buying an external frame pack for your course. We have used internal frame packs for sale.	



Packs (Continued)

Equipment	Rental Price	Purchase Price	Qty	Comments	Check List
Zip (Duffel) Bag (Optional)	Available at NOLS \$8	Rental Only	1	Optional. A lightweight medium-sized zippered nylon bag (approx. 12" x 24") with handles, is sometimes used as part of our packing system.	
Small Stuff Sacks (Optional)	Available at NOLS \$2	Rental Only	2-3	Optional. 2 or 3 small nylon or mesh sacks for organizing items in your pack.	

Our advice? An expedition backpack is a major purchase. If you don't already own one, we think you should use ours, gain some experience, then make an informed decision on your needs.

Sleeping Gear

Equipment	Rental Price	Purchase Price	Qty	Comments	Check List
Sleeping Bag	Available at NOLS \$75	Available at NOLS \$110-190	1	Synthetic-filled bags (Quallofil®, Hollofil®, Polarguard®, etc.) perform well in the variety of conditions we encounter. A bag with approximately 3 pounds of fill rated to 5° or 10° F and having 6-8 inches of loft is required. Much lighter down bags are for sale only and can work well if cared for and stored in a waterproofed stuff sack.	
Compression Stuff Sack	Available at NOLS \$8	Available at NOLS \$20-30	1	Makes it easier to get your sleeping bag and other gear into an internal frame pack.	
Plastic Trash Bags	Purchase Only	Available at NOLS \$1-2	2-4	Heavy-duty 3-mil contractor/compactor bags (33 gallon) to help waterproof your sleeping bag and backpack. NOLS has the most durable liners available, in the issue room.	
Sleeping Pad or Therm-a-Rest®	Available at NOLS \$10	Available at NOLS \$50-110	1	A full-length, closed-cell foam pad or a Therm-a-Rest® provides insulation and padding between the ground and your sleeping bag. If you bring a Therm-a-Rest® bring along a repair kit in case of damage. (Therma-Rests® are available for sale)	
Sleeping Pad Stuff Sack (Optional)	Available at NOLS \$2	Rental Only	1	Optional. A nylon tubular sack to protect your pad from aggressive willows while bushwhacking.	

Our advice? A sleeping bag is another major purchase. If you don't already own one, we think you should use ours, gain some experience, then make an informed decision on your needs.



Miscellaneous Items

Equipment	Rental Price	Purchase Price	Qty	Comments	Check List
Insulated Mug	Purchase Only	Available at NOLS \$5-15	1	12 oz to 20 oz. insulated mugs with lids are preferred.	
Coffee- Press Mug <u>(Optional)</u>	Purchase Only	Available at NOLS \$15-30	1	Optional, unless you can't live without your morning fix.	
Coffee <u>(Optional)</u>	Purchase Only	Available at NOLS \$12-15	1-2 lbs	Optional. Locally roasted coffee is for sale at NOLS Yukon.	
Bowl	Purchase Only	Available at NOLS \$4-15	1	A bowl with a snap-on lid is preferred.	
Spoon	Purchase Only	Available at NOLS \$2-8	1	Lexan spoons are light, durable and popular. Metal/titanium works well, too.	
Water Bottle	Purchase Only	Available at NOLS \$8-15	2	A wide mouth quart or liter size plastic or metal drinking bottle. Need 2 liters of capacity.	
Lip Balm	Purchase Only	Available at NOLS \$2-4	1	Stick, cream, or tube type moisturizing balm with sun protection factor (SPF) 15 or greater.	
Sunscreen	Purchase Only	Available at NOLS \$10-15	1	A 3 to 6 ounce tube with sun protection factor (SPF) 15 or greater.	
Bandanas	Purchase Only	Available at NOLS \$2-5	2 or 3	A few cotton bandannas are always handy.	
Sunglasses	Purchase Only	Available at NOLS \$30-100	1 pair	Lenses should block 100% ultraviolet and 95% infrared light. Glacier Glasses are sold at NOLS.	
Headlamp/ Flashlight	Purchase Only	Available at NOLS \$30-40	1	Although the Yukon is the Land of the Midnight Sun, we recommend a light source for courses with late July and August start dates. Durable and lightweight. Headlamps are popular. Bring spare batteries.	
Disposable Lighters	Purchase Only	Available at NOLS \$2	1	Use for lighting your camp stove.	
Toilet Articles	Must Bring	Must Bring	1	Toothbrush, toothpaste, comb, brush, skin lotion, tampons. Travel sizes are perfect.	
Insect Repellent	Purchase Only	Available at NOLS \$5-10	1-2	1 or 2 small bottles. No aerosol spray cans.	
Watch	Must Bring	Must Bring	1	A watch with an alarm is a needed feature. You may have the opportunity to go off watches, but you will need one to develop routine.	
Notepad And Pen	Purchase Only	Available at NOLS \$8-12	1	A small, lightweight pad is important for notes and keeping a journal.	
Sunglass Retainers	Purchase Only	Available at NOLS \$5-10	1	Chums® or Croakies® for keeping track of your glasses.	
Vacuum Thermos <u>(Optional)</u>	Purchase Only	Available at NOLS \$14-20	1	Optional. A thermos is a great addition to a canoe course for warm drinks on the river during the day.	
Pocket Knife <u>(Optional)</u>	Must Bring	Must Bring	1	Optional. A small knife is sufficient; simple knives are best.	



Miscellaneous Items (Continued)

Equipment	Rental Price	Purchase Price	Qty	Comments	Check List
Water Purification	Purchase Only	Available at NOLS \$14 per 30 days	1	<u>You must have a form of purifying water.</u> NOLS carries inexpensive Chlorine based tablets (\$8 for 50 tabs of <i>Aquatabs™</i>). 100 tabs will cover you for your 30 days. You may bring a product of your choice from home but it must be lightweight and be able to treat 1L at a time. Acceptable brands are Pristine, Aquamira, Micropur, Potable Aqua.	
Insoles <u>(Optional)</u>	Must Bring	Must Bring	1 pair	Optional. An after market insole such as Spenco Polysorb, Superfeet, or Montrail Stabilizing Insoles can provide arch support, stabilize your foot and heel, add cushion and help volume adjustment.	
Backpacker's Camp Chair <u>(Optional)</u>	Purchase Only	Available at NOLS \$35-45	1	Optional. Crazy Creek® and Therm-a-Rest® make lightweight collapsible chairs. Although some students would argue that this is an essential item, there are other options for sitting comfortably in the backcountry.	
Adjustable Trekking Poles <u>(Optional)</u>	Purchase Only	Available at NOLS \$60-100	1 pair	Optional. Can reduce stress on your knees. Should be a sturdy 2-3 section telescoping model, as you will need to lash them to your pack in some situations. Optional but recommended.	
Book <u>(Optional)</u>	Must Bring	Must Bring	1	Optional. A small paperback can be a worthwhile luxury item. We will also have a library on the expedition.	
Vitamins	Must Bring	Must Bring		Although our ration system is designed to provide a variety of foods with adequate nutrition, a multivitamin gives you extra insurance.	
Camera	Must Bring	Must Bring	1	Modern lightweight 35 mm cameras take good quality pictures that will be lifetime reminders of your adventures in the Yukon.	

Our advice? While some extra items are definitely worth their weight, bringing all the optional gear would really be too much. Think hard and make choices that are most likely to increase the positive outcomes of your expedition.



Footwear					
Equipment	Rental Price	Purchase Price	Qty	Comments	Check List
Socks	Purchase Only	Available at NOLS \$10-20	5-8 pairs	Heavy ragg wool or heavy wool/synthetic blend.	
Liner Socks (Optional)	Purchase Only	Available at NOLS \$5-8	1-3 pairs	Optional. Lightweight wool, polypropylene or Capilene® “wick dry” socks.	
Neoprene Waterproof Socks	Purchase Only	Available at NOLS \$12-18	1 pair	Optional. Lightweight neoprene socks and/or waterproof socks such as DuPont Seal Skin. See paddling gear.	
Boots	Must Bring	Must Bring	1 pair	Sturdy leather heavy backpacking or light mountaineering boots with good ankle support and proper fit are critical for hiking on uneven terrain with heavy expedition packs. Fitting your boots with two thick pairs of socks will add an extra layer of cushioning to help prevent blisters. A thick pair for cushioning and a thin liner for reducing friction would also be an appropriate sock combination.	
Gaiters	Purchase Only	Available at NOLS \$25-75	1 pair	Must be knee high and durable. Outdoor Research, Black Diamond, Granite Gear, Rocky Mtn. High, Powder Line and Mountain Hardware all manufacture suitable gaiters.	
Camp Shoes	Purchase Only	Available at NOLS \$25-35	1 pair	Running, tennis, or cross-training athletic shoes, in good condition to wear in camp and on short excursions without your pack. We recommend you avoid expensive specialty shoes. Water resistant (closed toe) Holey Soles are available for purchase and are a functional and lightweight camp shoe option.	
Galoshes/Waterproof shoes (Optional)	Available at NOLS \$8	Available at NOLS \$25-35	1 pair	Optional. Lightweight mid-calf length rubber galoshes that fit over your camp shoes. These may be required for some courses, depending on weather and route. Holey Soles makes very lightweight low cut boots – these are popular and available at NOLS. NOTE: NOLS Yukon carries up to size 13 only.	
<p>Our advice? Your boots will be a critical piece of gear. If they’re not sturdy, don’t provide enough support or don’t fit properly with at least a liner and a wool sock, we won’t let you use them. If you have any doubts about boots, please give us a call. Make sure to give yourself time to break your boots in before the start of your course. This will reduce blisters.</p>					



Recommended Boots (NOLS Yukon does not provide hiking boots)

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 utilize 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.

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 listed here provided the model you bring is a good quality leather boot designed for extended backpacking expeditions with heavy packs.

Examples Of Acceptable Boots*

*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.

Asolo: TPS 520 GV, TPS 535

Lowa: Topeka, Ranger GTX, Banff

Garmont: Dakota Syncro GTX, Sitka XCR

Montrail: Torre GTX

Oboz: Wind River

Raichle: Scout GTX, Explorer GTX

Scarpa: ZG 65 XCR, SL M3, Mustang GTX

Technica: Galaad NB

Vasque: Zephyr II, Clarion GTX Sundowner GTX,

Wasatch: GTX, Summit GTX

Paddling Gear

In addition to the above land-based equipment, much of which you will continue to use on the river, you will need the following paddling gear.

Equipment	Rental Price	Purchase Price	Qty	Comments	Check List
Waterproof Paddling Jacket (Optional)	Available at NOLS \$20	Available at NOLS \$50	1	Optional. A waterproof pullover with neoprene cuffs. Must fit over your insulating layers.	
Personal Flotation Device (PFD)	Available at NOLS \$20	Rental Only	1	As a licensed business in Canada, we are required to use Canadian Coast Guard approved PFDs. If you have a CCG approved PFD, you may use it on your course with instructor approval. If you have any other PFD, you cannot use it during the time you are a NOLS student in Canada.	
Pogies/Neoprene Gloves (Optional)	Available at NOLS \$7	Available at NOLS \$20-25	1 pair	Optional. Nylon or neoprene overmitts that allow you to grip your canoe paddle. Neoprene gloves are also acceptable but not available at NOLS Yukon.	
Rubber Boots (Optional)	Purchase Only	Available at NOLS \$25-35	1 pair	Optional. Calf-high boots with substantial non-slip sole to wear with fleece or wool socks around camp. We recommend fitting these with insulating insoles (such as Dr. Scholl's.) Not an option as river footwear.	



Paddling Gear (Continued)					
Equipment	Rental Price	Purchase Price	Qty	Comments	Check List
River Shoes	Must Bring	Must Bring	1 pair	A sturdy pair of close toe river shoes, or neoprene booties (e.g. Cholla). Must fit with a pair of neoprene socks, and must attach well enough to your feet that they will stay on while swimming. An old pair of sneakers is perfect. No Five Fingers Brand slippers.	
Neoprene Socks	Purchase Only	Available at NOLS \$12-18	1 pair	Lightweight neoprene socks without a hard sole.	
Swimsuit	Must Bring	Must Bring	1	A two- piece suit is especially convenient for women while wearing a wet suit.	
Wetsuit	Available at NOLS \$25	Available at NOLS \$70	1	We use neoprene Farmer John style wetsuits and suggest you rent from us.	
Large Dry Bag (Bills Bag)	Available at NOLS \$35	Rental Only	1	A waterproof storage bag with harness that replaces your backpack while on the river. 110-litre capacity.	
Medium Dry Bag	Available at NOLS \$10	Available at NOLS \$20-30	1	A 20-litre waterproof storage bag for items you may need during the day while on the river (such as layers and snacks).	
Metal Thermos (Optional)	Purchase Only	Available at NOLS \$10-20	1	Optional. Former students and staff recommend a thermos for chilly days on the water.	
Waterproof Camera Bag (Optional)	Purchase Only	Available at NOLS \$15-30	1	Optional. If you are bringing a camera, we recommend you bring a small dry bag to store your camera while paddling.	
<p>Our advice? Comfortable rubber boots and river shoes are worth the investment. If you are bringing sandals or booties and you have an old pair of sneakers, we recommend you bring both so your instructors can set you up best for your specific river. If you own any of the remaining river gear, bring it with you. As with other items, we recommend you rent from us to experiment with the gear and with canoeing before making any big purchases.</p>					

Group Equipment

All items listed below are provided by NOLS and shared among all expedition members.

Group equipment is included as part of the course tuition; however, students will be charged for any lost or damaged.

Tents & Shelters
Camp Stoves
Fuel and Fuel Bottles
Cooking Gear
Equipment Repair Kits

Maps & Compass
Reference Books
Ice Axes
Trowels or Shovels
Fishing Equipment

First Aid Kits
Pepper Spray (bear repellent)
Binoculars
Water Treatment
Canoes, Paddles, River Helmets

