

Equipment List

Naval Academy Leadership Expedition (NALE)

Welcome to NOLS! We look forward to having you with us at NOLS Rocky Mountain. Please take time to read the following information before making your equipment choices.

Equipment selection and care is an essential wilderness skill. There is a bewildering variety of equipment on today's market. NOLS Rocky Mountain provides an Outfitting Department for our students for this very reason. We are a full-service retail store and rental facility for outdoor equipment and clothing. We have expert staff with over 40 years experience who can completely outfit you from head to toe for your expedition needs. The products that we carry have been selected for and field-tested on NOLS Rocky Mountain courses.

Here are three options to help guide your gear purchasing process:

- 1) Purchase from us. We have a full retail store with experienced staff that can outfit you completely, tailoring your options according to route, weather, and time of year. This will guarantee you will get only the equipment you need with no extra purchases.
- 2) Already have items? Bring them along! Your instructors will inspect your gear and determine if it is suitable for your course. If an item is not approved, you can leave it with your luggage in our storage lockers.
- 3) Want to shop before your course begins? Visit our preferred retailers- additional information below.

We understand that the equipment list may be daunting. When you purchase or rent from us, our experts will provide you with some of the best gear, boots and clothing on the market, at a reasonable price, with consideration to the route, weather, and time of year you are traveling.

If you already own gear or clothing, you are welcome to bring any of the items on the equipment list. We are big advocates of re-using or recycling where appropriate. As mentioned, your instructors will inspect your gear and determine if it is suitable for your course. If an item is not approved, you can leave it with your luggage in our storage lockers.

If you wish to buy gear before your course start, consider our preferred retailers. Preferred retailers are retail stores whose staff is familiar with NOLS. Note: If you buy a new piece of gear or clothing for the course, please keep the tags on the item and save your receipt. That way, you have the opportunity to return your purchases if necessary. Ask NOLS Professional Training about Preferred Retailers in your area by calling 800-710-NOLS (6657) x3 or by visiting <http://www.nols.edu/about/partnerships/retailers/>

Purchase at NOLS RM - Indicates that the item is available at NOLS for PURCHASE ONLY.

Must Bring - Indicates that the item is NOT AVAILABLE at NOLS.

Summer rental prices cover the entire course. All prices are subject to change.

In addition to your course tuition, you have been billed an equipment rental deposit. This deposit will be applied directly to the charges you incur for equipment rental, cleaning, purchase of personal items, and any loss or damage to our gear. Total charges will vary depending upon the amount of equipment that you rent or purchase from us. The equipment rental and purchase prices located in the gear checklist will allow you to estimate your charges. If your bill is less than the deposit, the difference will be refunded to you by mail. If you think that your bill may exceed the deposit, please bring cash, travelers' checks, personal check, Visa or MasterCard to cover the excess. If you do not have a form of payment, we will bill you by mail.

If you have any questions or if you would like more information regarding any of the items in the Equipment List, please contact Rocky Mountain Outfitting at (307) 332-1422 | outfitting@nols.edu | www.nols.edu/lander/outfitting



Upper Body Layers

We layer our clothing, combining different garments to achieve optimum insulation and protection from wind, rain and snow. We use either synthetic or wool fibers, which insulate when wet. We avoid cotton, which is poor insulation when wet. It is common to need 3 insulating layers.

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Base Layer (Mid-Weight Synthetic)	Purchase at NOLS RM	\$40-\$60	1	Mid-weight underwear top made of wool, synthetic, or Capilene®	
Middle Layer (Fleece Pullover)	Purchase at NOLS RM	\$50-\$60	1	Polyester fleece pullover/expedition weight top of Polartec® 100 or 200, or a wool sweater.	
Top Layer (Synthetic Jacket)	\$40	\$170-\$190	1	Synthetic full-length zip jacket. Fleece or fiberfill jacket of Polartec® 300 or equivalent weight. We carry the Mountain Hardwear Compressor Jacket.	
Wind Shirt / Anorak	\$20	\$55	1	A lightweight, breathable, durable nylon wind shell in either pullover or parka style. Lightweight nylon exercise jackets usually are not sturdy enough to survive a NOLS course.	
Rain Jacket	Purchase at NOLS RM	\$120-\$150	1	A sturdy, roomy waterproof jacket with a hood. Both coated nylon and breathable fabrics such as Gore-Tex® are acceptable.	
T-shirt	Purchase at NOLS RM	\$28- \$35	1	A lightweight polyester, wool / Capilene® T-shirt.	

Our advice? Bring the sweaters, fleece jackets and synthetic you think might work. We'll advise you on the best combination for your course, the season and area.

Lower Body Layers

You will need 1-2 synthetic insulating layers (usually an under layer and in early summer, a pair of fleece pants). All must fit comfortably over each other so that they can be worn at the same time. If you tend to get cold easily, add a middle layer of mid-weight bottoms to the under layer and fleece pants.

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Base Layer (Mid-Weight Synthetic)	Purchase at NOLS RM	\$30-\$45	1 pair	Mid-weight bottoms of high performance polyester, synthetic, or Capilene®. Cotton and cotton blends are not acceptable.	
Middle Layer (Exp-Weight Synthetic)	Purchase at NOLS RM	\$40-\$60	1 pair	Expedition-weight bottoms that fit comfortably over the under layer bottoms.	



Wind Pants	\$20	\$60	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. If you own Gore-Tex bibs, we recommend that you bring them. We recommend renting NOLS wind pants. They are the most popular piece of equipment NOLS has designed. Many students purchase their wind pants at the end of their course.
Rain Pants	Purchase at NOLS RM	\$90-\$110	1 pair	Optional. Although not required, some people like to use rain pants in conjunction with a rain jacket.
Nylon Shorts	Purchase at NOLS RM	\$40-\$60	1 pair	Loose-fitting nylon athletic/river shorts.
Briefs/Sports Bras	Purchase at NOLS RM	\$18-\$32	1 pair	Optional. We recommend men go without underwear, and use nylon shorts with liners. Women can wear what's comfortable; cotton, silk, or synthetics are fine. Bras must be silk or synthetic.
Our Advice? Bring the synthetic or wool long johns, fleece or exercise pants you think might work. We'll advise you on the best combination for your course, the season and area.				

Head, Neck and Hand Layers					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Baseball Cap or Wide Brim Sun Hat	Purchase at NOLS RM	\$18.95	1	To protect ears and face from the sun. Available with NOLS logo.	
Balaclava	\$4	\$17	1	Optional. Balaclavas are full head and neck coverings that have an opening for the face. They are usually made out of Polartec® 100 or 200 fleece.	
Wool or Fleece Hat	\$4	\$15-\$20	1	A warm hat made of wool or fleece.	
Mosquito Headnet	Purchase at NOLS RM	\$6	1	A light nylon headnet.	
Gloves	Purchase at NOLS RM	\$17-\$55	1 pair	Ragg wool or synthetic (fleece).	
Mittens	Purchase at NOLS RM	\$9-\$17	1 pair	Optional for August courses. Ragg wool or synthetic (fleece).	
Mitten Shells	Purchase at NOLS RM	\$50-\$65	1 pair	Optional. Except for courses beginning before June 25. Water-repellent nylon or Gore-Tex® shells that fit over your mittens or gloves.	



Our advice? As long as they're not cotton, bring your gloves and mittens. We'll check them and see if they'll work. You may need one pair, or depending on the weather, you may need two pairs.

Packs & Bags

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Backpack	\$100	\$250	1	Our packs are large expedition models with volume of 5500-6100 cubic inches made by Dueter exclusively for NOLS. If you bring an internal frame pack, it will be examined by your instructors to determine suitability for course and route. Volume must be 5500-6100 cubic inches.	
Small Stuff Sacks	\$2	\$4.00	2 or 3	2 or 3 small nylon or mesh sacks for organizing items in your pack.	
Food Zip Bag	Purchase at NOLS RM	\$15.00	1	We carry the Outdoor Product deluxe duffel and Bridge Outdoor duffel. Water resistant oxford nylon 12"x 24' 2700 cu in with a top zip.	

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	Quantity	Comments	Check List
Sleeping Bag	\$60	\$160	1	Synthetic-filled bags (Quallofil®, Hollofil®, Polarguard®, etc.) perform well in the variety of conditions we encounter on courses. A bag with approximately 3 pounds of fill rated to 5° or 10° F.	
Summit/Compression Pack	\$12	\$49.95	1	We use the Lowe Attack Summit that doubles as a compression stuff sack for your sleeping bag and a pack for day hikes.	
Plastic Trash Bags	Purchase at NOLS RM	\$0.50	2 or 3	2-3 heavy-duty lawn and garden bags (33 gallon) to help waterproof your sleeping bag and backpack.	
Sleeping Pad	\$4	\$15-\$75	1	Should be closed-cell foam and 3/8" thick. Used for padding and insulation between sleeping bag and ground. We recommend and sell self-inflating sleeping mats as one of your pads. Thermarest and Insulmat brands.	

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	Quantity	Comments	Check List
Eating Utensils					
Insulated Mug	Purchase at NOLS RM	\$3.50-\$4	1	12 to 20 oz. insulated mugs with lids are preferred. Available with NOLS logo.	
Bowl	Purchase at NOLS RM	\$4	1	A bowl with a snap-on lid is handy.	
Spoon	Purchase at NOLS RM	\$1	1	Lexan spoons are light, durable and popular.	
Water Bottle	Purchase at NOLS RM	\$13-\$30	1-2	1-2 wide-mouth quart- or liter-size plastic bottles, like Nalgene® bottles.	
Lip Balm	Purchase at NOLS RM	\$3	1	Stick, cream, or tube type moisturizing balm with sun protection factor (SPF) 15 or greater	
Sunscreen	Purchase at NOLS RM	\$7-\$9	1-2	A 3 to 6 ounce tube with sun protection factor (SPF) 15 or greater	
Bandanas	Purchase at NOLS RM	\$2	2 or 3	A few of these are always handy.	
Head-Lamp/Flashlight	Purchase at NOLS RM	\$29-\$40	1	Durable and lightweight. Headlamps are popular. Bring spare batteries.	
Disposable Lighters	Purchase at NOLS RM	\$1.50	2	Use for lighting your camp stove.	
Insect Repellent	Purchase Only	\$5	1 or 2	1-2 small bottles. No aerosol spray cans.	
Toiletries	Must Bring	Must Bring	1	Toothbrush, toothpaste, comb, brush, skin lotion, tampons. Travel or trial sizes are enough. Bring your own.	
Watch	Purchase at NOLS RM	\$20-65	1	A watch with an alarm is a nice feature.	
Notepad And Pencil	Purchase at NOLS RM	\$10	1	A small, lightweight pad is fine.	
Sunglass Retainers	Purchase at NOLS RM	\$5	1	Optional. Chums® or Croakies® for keeping track of your glasses or sunglasses. Available with NOLS logo.	



Sunglasses	Purchase at NOLS RM	\$50-\$160	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. We sell Native Eyewear and Optic Nerve. Julbo, Smith, Coyote Vision, Oakley, and Bausch & Lomb are good brands.
Instant Hand Sanitizer	Purchase at NOLS RM	\$2	2	Must have 2 oz. bottles for keeping hands clean.
Pocket Knife	Purchase at NOLS RM	\$20-45	1	One small knife is sufficient; simple Swiss Army knives are popular.
Our advice? Keep the toiletries, pocket knife and other gear to small sizes. We work to keep our pack weight as low as possible. Saving every ounce is essential!				

Footwear					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Boots	Purchase at NOLS RM	\$175-\$250	1 pair	Sturdy leather heavy backpacking or light mountaineering boots with good ankle support for wilderness courses. Our boot stretching process helps expedite the break-in period of new boots.	
Socks, Wool	Purchase at NOLS RM	\$13-\$19	5 pairs	Heavy ragg wool or heavy wool/synthetic blend.	
Liner Socks	Purchase at NOLS RM	\$6	2 or 3 pairs	Optional. Lightweight wool, synthetic or Capilene® "wick dry" socks. You will need at least two pairs if you are using a liner sock/wool sock combination in your hiking boots.	
Gaiters	Purchase at NOLS RM	\$50	1 pair	Knee high, durable.	
Camp Shoes	Must Bring	Must Bring	1 pair	Running, tennis, or cross-training athletic shoes.	
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, feel free to give us a call.					



Recommended Boots

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.

Medium-weight, off-trail backpacking/light mountaineering boots work best; they provide good support for off-trail hiking with heavy packs, and usually require less break-in time than heavyweight mountaineering boots. Features to look for:

- Constructed from full-grain one piece leather upper or a combination of nylon or Gore-Tex and leather
- A sole that provides good traction, like Vibram® or other lugged sole
- ½ to ¾ length shank or full poly mid-sole stiffener within the sole to provide foot support and protection
- Ankle support — Trail runner sneakers are not acceptable; below-the-ankle hiking boots are not acceptable
- A comfortable fit with your preferred hiking socks. Boots that are too small are a common cause of blisters.

Please see the Boot Fitting Guide in your Enrollment Packet for instructions on how to properly fit boots.

The following list of acceptable boots is not exhaustive; it is to be used as a guide to the general type of boots acceptable for your course. It is fine to substitute a similar boot for one of the types listed here.

Asolo: Power Matic series; TPS series; Power Light series; Matrix series; Energy series

Garmont: Dakota; Synchro Plus GTX; Cypress GTX, FC Eco 4.0 GTX

La Sportiva: Thunder II GTX; Cascade GTX

Lowa: Tahoe GTX; Tibet GTX; Banff; Pingora GTX

Montrail: Feather Peak GTX

Oboz: Wind River

Scarpa: Mustang GTX; Barun GTX; Nepal Pro GTX; SL M3; Escape GTX

Vasque: Wasatch GTX; Bitterroot GTX; Summit GTX; Sundowner GTX series; Clarion GTX; Breeze GTX; Taku GTX

***Please note that boot manufacturers often rename their product line. Visit the manufacturer's website or contact us if you have questions. Refer to your enrollment packet for specific boot fitting information.**

Optional Items					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Binoculars	Must Bring	Must Bring	1	Small travel binoculars work well.	
Prescription Glasses And Contact Lenses	Must Bring	Must Bring	2 or 3 pairs	If you wear them, bring a spare pair of glasses or lenses. Contact lens wearers should also bring a pair of glasses as backup. Again, prescription sunglasses are a nice item to have in reserve.	
Water Treatment	Must Bring	Must Bring	1	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 water filter such as the PUR Scout or Hiker, or the SWEETWATER Guardian.	
Vitamins	Must Bring	Must Bring	1	Not necessary, but a small quantity of multi-vitamins is popular among staff and students for this length of course.	
Book	Must Bring	Must Bring	1	A small paperback reading book.	
Trekking Pole	Purchase at NOLS RM	\$65-75	1	A sturdy 2-3 section pole for easy packing. We sell Black diamond Trail Back and Leki Eagle.	



Camera	Must Bring	Must Bring	1	Lightweight, 35 mm compact cameras are sufficient; bring a protective case. Avoid heavy lenses and elaborate set-ups.
Backpacker's Camp Chair	Purchase at NOLS RM	\$30-\$50	1	Crazy Creek or one with Therm-A-Rest fitting. Available with NOLS logo.
Hydration System	Purchase at NOLS RM	\$30-\$50	1	Very handy and popular. We carry Camelback® packs.

Our advice? Keep the camera and other optional gear to small sizes. We work to keep our pack weight as low as possible, but our packs are heavy. Saving every ounce is essential!

Group Equipment

The items listed below are provided by NOLS and shared among all expedition members. Group equipment is included as part of the course tuition: students will be charged for any lost or damaged group equipment.

Tents & Shelters	Climbing Protection	Maps & Compass
Camp Stoves	Climbing Ropes	Reference Books
Fuel and Fuel Bottles	Helmets and Harnesses	Binoculars
Cooking Gear	Ice Axes	First Aid Kits
Bear Resistant Food Containers	Snowshoes (if necessary)	Equipment Repair Kits
Trowels or Shovels	Fishing Equipment	

