

Equipment List

Naval Academy Pacific Northwest Leadership Expedition

Welcome to NOLS!

We look forward to having you with us this summer in the Pacific Northwest.

Reading this list will assist you in deciding what to bring. The gear listed is typically used on this course; the actual gear required may vary slightly with course route, curriculum goals, seasonal weather conditions, and instructor preference. Please try to avoid bringing anything that is not on this list. Remember that you will be carrying all your gear and that extra items affect pack volume and weight.

We can provide you with all of the equipment on this list except for those items designated as “Must Bring.” We recommend that you only bring gear that you already own or that you can obtain inexpensively. On the first day you will meet with one of your instructors to review each item you bring from home. If your gear meets our standards, you can use it on your course. If not, you may store any excess gear at our headquarters.

While you are not obligated to rent gear from us, there are several reasons why we suggest it. Our rental gear is high quality, chosen and maintained specifically for the use it receives on our courses. The rental prices are reasonable given the wear the equipment receives. Also, if you plan to eventually purchase gear, you will have a better understanding of your future needs and preferences after your NOLS expedition. Finally, even if your equipment is appropriate, it will receive a lot of hard use. Students are often surprised at the amount of wear put on their personal gear in a month.

The availability of each item is indicated as follows:

Available at NOLS - Indicates that the item is available from NOLS, but for PURCHASE ONLY.

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

Rental Only - The item is available to RENT from NOLS, and can be purchased at the end of your course (the rental price will be applied to the purchase price).

The rental prices listed cover the entire course. Purchase prices listed are for new gear. ALL PRICES ARE SUBJECT TO CHANGE. The rental and purchase prices located in the gear checklist will allow you to estimate your charges; final charges will vary depending on the amount of equipment that you rent or purchase from us. You have been charged an equipment rental deposit in addition to tuition. This deposit will be applied to the charges you incur for equipment rental, cleaning, purchase, and any loss or damage to our gear. If your bill is less than the deposit fee, the difference will be refunded to you by mail.

If you would like to shop before your course, visit our list of preferred retailers at <http://www.nols.edu/about/partnerships/retailers/>

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 Professional Training staff at (800) 710-6657 ext. 3; E-mail: nolspro@nols.edu; or visit our web site at <http://www.nols.edu/nolspro>. You can also write to us at NOLS Professional Training, 284 Lincoln Street, Lander, WY 82520.



Upper Body Layers

NOLS uses a layering system where varied pieces of clothing are worn to achieve optimum body temperature control. The upper body garments listed here are either synthetic garments which retain their insulating properties even when wet, or nylon or Gore-Tex layers which help prevent heat loss by cutting wind, rain, and snow. You will need 3 insulating layers, plus a wind and a rain layer. All must fit comfortably over each other so they can all be worn at the same time. Your top insulating layers must be fleece made, of Polartec 300, or an insulated jacket with a zipper.

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
T-Shirt	Available at NOLS	\$24-\$39	1	We recommend Capilene or other synthetics since they dry fast. This is not one of your insulating layers. No cotton.	
Base Layer (mid-weight synthetic)	Available at NOLS	\$45-\$60	1	Lightweight or mid-weight crew or zip turtleneck top of polyester, Capilene, wool, or Polartec Power Dry.	
Mid-Layer (expedition weight)	Available at NOLS	\$55-155	1	Expedition-weight crew or zip turtleneck top of polyester fleece or Capilene.	
Top Insulating Layer (fleece or insulated jacket)	\$30	\$100-\$200	1	A heavy weight, full-length zip fleece jacket of Polartec 200 or 300 or insulated jacket that is lightweight, such as the Mountain Hardwear Compressor, or Patagonia Micro Puff. An insulated jacket is preferred.	
Wind Shirt	\$20	\$55	1	A lightweight, breathable, nylon wind shell either anorak or full-zip style. This must be large enough to fit comfortably over the 3 insulating layers.	
Rain Jacket	Available at NOLS	\$90-\$150	1	A sturdy, roomy waterproof jacket with a hood. Must be large enough to fit over all the insulating layers. <u>Breathable fabric such as Gore-Tex and H2NO are preferable and can work as both a wind and rain layer.</u>	

Lower Body Layers

For your lower body, you'll need two insulating layers plus a wind and a rain layer. The layers should be able to fit comfortably over each other. Warmer (late July) courses may only need one insulating layer.

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Women: Underwear/ Sports Bras Men: Boxers	Available at NOLS	\$20-\$35	2 pair	Women's briefs and sports bras and men's briefs or boxers in Capilene or silk are recommended. Women's cotton briefs will work.	
Hiking Shorts	Available at NOLS	\$45	1 pair	Loose fitting nylon athletic or river shorts. No cotton.	
Base Layer (mid-weight synthetic)	Available at NOLS	\$40	1	Light or mid-weight bottoms of high performance polyester, Capilene, wool or Polartec Power Dry.	



Mid-Layer (expedition weight fleece pants)	\$20	\$50	1	Expedition-weight fleece bottoms (200 weight or greater).	
Wind Pants	\$25	\$55	1	Breathable nylon wind pants that are roomy enough to fit over all lower body garments. Zippered legs will help you slip your pants on over hiking 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 that holds up well to the rigors of a NOLS course.	
Rain Pants	Available at NOLS	\$90-\$125	1	Coated nylon pants to fit over all your layers. <u>Gore-Tex pants are preferable and can be used for both a wind and rain layer.</u>	

Head, Neck and Hand Layers

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Liner Gloves	Available at NOLS	\$13-\$22.50	1 pair	Fleece, wool, or polypro liner gloves for sun protection and hiking on cold, wet days.	
Fleece/Wool Gloves	Available at NOLS	\$13	1 pair	Warm gloves made of fleece or wool.	
Baseball Cap or Sun Hat	Available at NOLS	\$18.25	1	Necessary for sun protection of your face and ears.	
Wool or Fleece Hat	Available at NOLS	\$22.50	1	A warm hat made of wool or fleece.	

Packs & Bags

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Backpack	\$80	\$344-\$455	1	We rent Lowe Alpine, Deuter, Osprey, and Dana Design internal frame packs. If you decide to purchase an internal frame pack we recommend the Deuter 90+10, Mystery Ranch G Series, Gregory Denali, Osprey or any other pack of similar quality and capacity. Internal frame packs must have a volume of 6000 - 7000 cubic inches (98 - 115 liters).	
Ditty Bags	\$2	\$5-\$11	2-3	Small nylon or net bags for organizing items in your pack.	
Plastic Trash Bags	Available at NOLS	\$1-\$1.50	2	Heavy-duty lawn and garden bags; a 2 mil/33 gallon bag for waterproofing your compression stuff sac and a 3 mil contractor cleanup bag for waterproofing your backpack.	

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	\$175-\$195	1	We recommend synthetic-insulated mummy bags approximately rated 0 to 10°F. Down bags are not suitable for the wet conditions sometimes encountered in the Northwest.	
Compression Stuff Sack	\$8	\$20-\$26	1	A large compression stuff sack for your sleeping bag.	
Sleeping Pad/Therm-A-Rest	\$10	\$54.95-\$90	1	A full-length closed cell foam pad to insulate and pad beneath your sleeping bag. Therm-A-Rest full, or ¾, lengths are for sale only, and require a repair kit.	
Sleeping Pad Stuff Sack	\$5	\$13.50	1	A nylon storage bag to protect your sleeping pad.	
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
Insulated Mug	Available at NOLS	\$4-\$15	1	12 oz. to 20 oz. insulated mugs with lids are preferred. Many staff use 16 oz. Nalgene water bottles for their mug.	
Bowl	Available at NOLS	\$3.25	1	A bowl (approx. 3 cups volume) with a snap-on lid. Re-sealable Tupperware type containers work great.	
Spoon	Available at NOLS	\$1-\$6.75	1	Lexan spoons are light and durable.	
Hydration System	Available at NOLS	\$8-\$34.95	2	Two water containers are required (64 oz. total.) One needs to be a water bottle. We recommend the other be a Platypus, Camelbak or the MSR Hydromedary bag with 64 oz. capacity. Two water bottles are okay.	
Lip Balm	Available at NOLS	\$2.50	1-2	We recommend SPF 30 or greater.	
Sunscreen	Available at NOLS	\$15	1 each	4-ounce tube with SPF 30 or greater.	
Sunglasses	Available at NOLS	\$49-\$159	1 pair	Lenses should be dark and 100% UV resistant. You need a sturdy case. If you have prescription lenses and have limited visibility without them, bring your own or look for a good quality polarized clip-on. Julbo, Optic Nerve, Smith, Oakley, and Bolle are good brands.	



Bandanas	Available at NOLS	\$2	1-2	Useful for a variety of purposes.	
Prescription Glasses and Contact Lenses	Must Bring	Must Bring	1 pair	Bring spare glasses or contact lenses. Contact lens wearers should consider bringing a pair of glasses as backup.	
Headlamp	Available at NOLS	\$29.95-\$39.95	1	LED headlamp preferable. Bring spare batteries. We sell Petzl and Black Diamond headlamps.	
Batteries	Available at NOLS	\$0.85/ea.	1 set	We have AA and AAA for sale.	
Disposable Lighters	Available at NOLS	\$1.00	1	Purchase at NOLS due to airline regulations.	
Personal Hygiene Articles	Must Bring	Must Bring	1	We have travel-size toothpaste, toothbrushes, and feminine hygiene products for sale.	
Instant Hand Sanitizer	Available at NOLS	\$3	1	A 2 oz. bottle, alcohol-based is preferable.	
Notepad	Available at NOLS	\$9.60	1	A small, lightweight pad is fine. We sell NOLS waterproof expedition journals.	
Pen or Pencil	Available at NOLS	\$0.75	1-2	Bring some spares.	
Watch	Available At NOLS	\$34.95-\$49.95	1	Water-resistant. An alarm and a light feature are helpful.	
Our advice? Keep your toiletries to small sizes. We work to keep our pack weights as low as possible. Saving every ounce is essential!					

Optional Items					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Coffee	Available at NOLS	\$11/lb.	1	Bring if you enjoy specialty coffee for yourself in the morning. Coffee is not supplied in the NOLS ration.	
Vitamins	Must Bring	Must Bring	1	Some students bring a multi-vitamin to supplement the diet.	
Adjustable Trekking Poles	Available at NOLS	\$79	1	Bring if you like using trekking poles while hiking. 2-3 section, telescoping poles are easy to pack.	
Camera and Film	Must Bring	Must Bring	1	Compact camera with protective case. No heavy lenses/elaborate set-ups.	
Fleece or Insulated Vest	\$18	\$45	1	A fleece vest of Polartec 200 or a synthetic filled vest. This is an additional layer if you tend to get cold.	
Balaclava	\$6.25	\$18	1	Fleece or wool balaclavas provide excellent protection in severe conditions.	
Insect Repellent	Available at NOLS	\$6	1	A small bottle or tube. No aerosol spray cans.	
Mosquito Headnet	\$4	\$10	1	Mesh headnet with drawstring to protect from bugs.	



Footwear					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Boots	Must Bring	Must Bring	1 pair	Sturdy all leather heavy backpacking boots with good ankle support. Vibram soles and a proper fit are critical for hiking on uneven terrain with heavy expedition packs. Waterproof before bringing.	
Socks	Available at NOLS	\$10-\$16	4-6 pairs	Crew length. Socks must be heavy wool or wool/polypropylene blend. Wigwam and Smartwool are good choices.	
Liner Socks	Available at NOLS	\$5	2 pair	Lightweight wool, polypropylene or Capilene "wick dry" socks.	
Gaiters	Available at NOLS	\$50-\$70	1 pair	Worn over the boots to keep out dirt and snow. Gaiters with zippers should have a double closure system either Velcro or snaps. We recommend OR Crocodiles. Gaiters with tight elastic around the boot cuff are not acceptable. Gaiters must be large enough to fit comfortably over boots.	
Camp Shoes	Available at NOLS	\$22-32.50	1 pair	Running, tennis or cross-training shoes, in good condition, to wear around camp. Avoid expensive shoes. Open-toed "river" or "mountain" sandals are not acceptable. Think lightweight! Crocs or Holesy are acceptable.	
Insoles	Available at NOLS	\$14	1 pair	Special insoles can provide arch support, stabilize your foot and heel, add cushion, and help volume adjustment. Suggestions would be Spenco Polysorb and Superfect.	
<p>Our advice? Your boots are 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.</p>					



Recommended Boots

Medium-weight, off-trail backpacking 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 to provide good support for off-trail hiking with heavy packs or extended trips, 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 type is acceptable for your course. It is fine to substitute a similar boot for one listed here provided the model that you bring is a good quality leather boot designed for extended backpacking expeditions with heavy packs.

Please refer to your enrollment packet for specific boot fitting information. If you have any questions about fitting boots, call NOLS PNW at 1-360-445-6657 or NOLS Admissions at 1-800-710-6657, or look us up on the web at <http://www.nols.edu>.

Examples Of Acceptable Boots*

Asolo: Power Matic series

Lowa: Tahoe GTX, Tibet GTX, Baffin

Garmont: Dakota, Expedition, Montana

La Sportiva: Thunder GTX, Trango Evo

Montrail: Blue Ridge, Torre, Traverse

Raichle: Mt Peak, Mt Trail

Scarpa: Delta M3, SL, M3, Ladakh

Technica: Galaad NB, Galaad SD GTX

Vasque: Switchback, Switchback GTX, Zephyr GTX, Zephyr II, Luna, Wasatch GTX, Sundowner Classic GTX, Clarion GTX, Summit GTX, Breeze XCR Hiking, Wilderness Vasque Chinook

*Please note that boot manufacturers often rename their product line. Visit the manufacturer's website or contact us if you have questions.

Group Gear

Expedition members share both the use of and 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 what an individual user might consider. Performance, durability and simplicity are all factors we consider when we select our gear.

Camp Stoves	Tents & Shelters	Reference Books
Fuel and Fuel Bottles	Maps/Compasses/GPS'	Binoculars
Cooking Gear	Ice Axes	First Aid Kits
Bear Resistant Food Containers	Equipment Repair Kits	Ground Cloths
Trowels or Shovels	Fishing Equipment	



EQUIPMENT CHARGES WORKSHEET

An equipment deposit is required of each student to cover the average cost of equipment rental and cleaning. You will be charged additionally for the replacement of any lost or damaged group equipment. Your actual expense will vary according to how much gear you rent and purchase from NOLS. Additional purchases of new and used gear may raise your total outfitting expense above your rental deposit. Rental and purchase charges will be totaled at the end of your course. Those of you using some of your own equipment may be eligible for a refund, which will be sent to you by mail. If you anticipate a balance over your equipment deposit, please make arrangements for payment on the final day of your course. Acceptable payment methods are cash, personal checks, traveler's checks, VISA, or MasterCard.

TO ESTIMATE YOUR EQUIPMENT FEES FOR YOUR NOLS COURSE:

1. Projected equipment rental charges from NOLS (Rental prices are for the entire course.)		\$	<hr/>
2. Projected purchases from NOLS: (Estimated from the checklist.)	+	\$	<hr/>
3. Add lines 1 and 2: This is your estimated total with RENTALS and PURCHASES	=	\$	<hr/>
4. Equipment deposit you have on credit (See your account statement for amount.)	-	\$	<hr/>
5. Subtract line 4 from line 3: This is your FINAL ESTIMATED BALANCE		\$	<hr/>

