

**Equipment List**  
**Archer Wilderness Expeditions**  
**National Outdoor Leadership School**

**Welcome to NOLS!** We have designed this list to help you decide what equipment you will need for your course. Please read the following information carefully before making any equipment choices.

Archer Wilderness Expeditions are 'remote issue' courses. **Students need to request ahead of time the items they would like to rent; those items will travel with instructors to the course starting point.** Requested rental equipment will be issued at the start of your course in the Green River Campground.

**To ensure that your instructors bring the equipment you would like to rent, please complete the Personal Gear Request Form** included in this document and return it, along with the rest of your required registration paperwork, to NOLS Professional Training by **Friday, February 10, 2012.**

### **Equipment Bundle or Individual Rentals**

NOLS is offering a rental equipment bundle for this course. We feel this is the easiest way for you to meet your rental needs. Included in this bundle are also a few purchase only items that students commonly need when they arrive for their course. If you would like to purchase the Equipment Bundle, please do so by filling out the Equipment Bundle Request form found in the required form section of the NOLS/Arrow Week website. If you would like to rent individual items for your course, that is also an option. In order to do so, please fill out the Individual Gear Request Form. Both the Equipment Bundle Request or the Individual Gear Request form is due back to NOLS Professional Training, along with the rest of your registration paperwork, on **Friday, February 10, 2012.**

### **Equipment Fees**

You will be billed for any gear that has been rented or purchased from NOLS after your course ends. The bill will be mailed to your home address approximately 2-4 weeks post-course. Additional charges will be added for any equipment that is lost or damaged. Please note that prices are subject to change without notice.

**Please keep in mind that there are no retail stores to purchase gear once you have arrived in Green River, Utah.**

### **Equipment Selection**

This list is broken up into three sections:

**Must Bring** – The item is NOT AVAILABLE from NOLS; please bring it from home.

**Rental Only** – The item is available for RENT from NOLS.

**Available Through Equipment Bundle Only** – The item is available for PURCHASE as part of the equipment bundle only.

You are welcome to bring any gear on this list that you already own. Please try to match your selections as closely as possible to the items described. Your instructors will inspect any gear you bring to determine if it is suitable for your course's specific route and anticipated weather. If an item is not approved, you can leave it with your luggage in a locked storage facility. You may be asked to rent or purchase gear from our outfitting department to supplement what you brought with you. Many of these items can be found in your closet, discount gear stores such as the Sierra Trading Post, or your local thrift store.

If you wish to buy gear before your course, please consider using one of our Preferred Retailers. These are retail stores that maintain close ties to NOLS. The staff at these stores is familiar with NOLS and has a good idea of the equipment you need for your course. Please ask the NOLS Professional Training office about Preferred Retailers in your area or visit our website at [www.nols.edu/about/partnerships/retailers](http://www.nols.edu/about/partnerships/retailers).

**Your instructor team, recent weather, and route will ultimately determine which gear is best for your expedition.**

### **Storage**

Storage space will be limited. Please keep that in mind when thinking about the excess luggage that will not go into the backcountry with you.



### 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 three insulating layers.

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Base Layer (Mid-Weight Synthetic)	Must Bring	Must Bring	1	Mid-weight underwear top made of wool, synthetic, or Capilene®	
Middle Layer (Fleece Pullover)	Must Bring	Must Bring	1	<b>Optional.</b> Polyester fleece pullover/expedition weight top of Polartec® 100 or 200, fiberfill jacket, or a wool sweater.	
Top Layer (Synthetic Jacket)	\$8	Available for Rent	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	Must Bring	Must Bring	1	A lightweight, breathable, durable nylon wind shell in either pullover or parka style.	
Rain Jacket	Must Bring	Must Bring	1	A sturdy, roomy waterproof jacket with a hood. Both coated nylon and breathable fabrics such as Gore-Tex® are acceptable.	
T-shirt	Must Bring	Must Bring	1	A lightweight polyester/ 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. 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)	Must Bring	Must Bring	1 pair	Mid-weight bottoms of high performance polyester, synthetic, or Capilene®. Cotton and cotton blends are not acceptable.	
Middle Layer (Exp-Weight Synthetic)	Must Bring	Must Bring	1 pair	<b>Optional.</b> Expedition-weight bottoms that fit comfortably over the under layer bottoms.	
Wind Pants	\$8	Available for Rent	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.	



Nylon Shorts	Must Bring	Must Bring	1 pair	Loose-fitting nylon athletic/river shorts.	
Briefs/Sports Bra	Must Bring	Must Bring	2 pair	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 & Hand Layers					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Baseball Cap or Wide Brim Sun Hat	Must Bring	Must Bring	1	To protect ears and face from the sun.	
Wool or Fleece Hat	Must Bring	Must Bring	1	A warm hat made of wool or fleece.	
Gloves	Must Bring	Must Bring	1 pair	Ragg wool or synthetic (fleece).	
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	\$15	Available for Rent	1	Our packs are large expedition models with a volume of 5500 to 6100 cubic inches made by Deuter exclusively for NOLS. <b>If you bring an internal frame pack, it will be examined by your instructors to determine its suitability for your course and route. It must have a volume of 3800 to 6000 cubic inches.</b>	
Small Stuff Sacks	Must Bring	Must Bring	2 or 3	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	Quantity	Comments	Check List
Sleeping Bag	\$20	Available for Rent	1	Synthetic-filled bags (Quallofil®, Hollofil®, Polarguard®, etc.) perform well in the variety of conditions we encounter on courses. A bag rated 5° to 25° F is recommended. Down bags are lighter and have less bulk while still providing excellent warmth. They do require more care in the field but are acceptable for your course.	



Compression Stuff Sack	\$3	Available for Rent	1	Compression stuff sacks are recommended for use with internal frame packs. These bags have straps attached to them for compressing sleeping bags while packing. Look for lighter weight sil-nylon versions if you need one.	
Plastic Trash Bags	Purchase at NOLS RM	\$.50	2 or 3	2-3 heavy-duty lawn and garden bags (33 gallon) to help waterproof your sleeping bag and backpack.	
Sleeping Pad	\$3	Available for Rent	1	Should be closed-cell foam and 3/8" thick. Used for padding and insulation between sleeping bag and ground. We highly recommend and sell self-inflating sleeping mat as one of your pads. Thermarest and Insulmat are great brands.	
Ground Cloth	\$2	Available for Rent	1	A nylon sheet to go between your sleeping pad and the ground as your tents will not have floors.	
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	Must Bring	Must Bring	1	12 to 20 oz. Insulated mugs with lids are preferred.	
Bowl	Available through Equipment Bundle	\$7	1	A bowl with a snap-on lid is handy.	
Spoon	Available through Equipment Bundle	\$1	1	Lexan spoons are light, durable and popular.	
Water Bottle	Available through Equipment Bundle	\$12	1-2	1-2 wide-mouth quart or liter-size plastic bottles such as the Nalgene® brand.	
Lip Balm	Must Bring	Must Bring	1	Stick, cream, or tube type moisturizing balm with sun protection factor (SPF) 15 or greater.	
Sunscreen	Must Bring	Must Bring	1-2	A 3 to 6 ounce tube with sun protection factor (SPF) 15 or greater.	
Bandanas	Available through Equipment Bundle	\$2	2 or 3	A few of these are always handy.	
Head-Lamp/Flashlight	Must Bring	Must Bring	1	Durable and lightweight. Headlamps are popular. Bring spare batteries.	



Disposable Lighters	Must Bring	Must Bring	1	Use for lighting your camp stove.	
Insect Repellent	Must Bring	Must Bring	1	1 small bottle. 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	Must Bring	Must Bring	1	A watch with an alarm is a nice feature.	
Notepad And Pencil	Must Bring	Must Bring	1	A small, lightweight pad is fine.	
Sunglass Retainers	Must Bring	Must Bring	1	Chums® or Croakies® for keeping track of your glasses or sunglasses.	
Sunglasses	Must Bring	Must Bring	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.	
Instant Hand Sanitizer	Must Bring	Must Bring	1	Must have 2 oz. bottles for keeping hands clean.	

Our advice? Keep the toiletries, pocketknife 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	Must Bring	Must Bring	1 pair	Sturdy leather heavy backpacking or light mountaineering boots with good ankle support.	
Socks, Wool	Must Bring	Must Bring	2 pairs	Heavy ragg wool or heavy wool/synthetic blend.	
Liner Socks	Must Bring	Must Bring	1 or 2 pairs	<b>Optional.</b> 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	Must Bring	Must Bring	1 pair	<b>Optional.</b> 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 extended 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. Here are some 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
- Comfortable fit with your preferred hiking socks. Boots that are too small commonly cause 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 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 of those 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

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



**Optional Items**

<b>Equipment</b>	<b>Rental Price</b>	<b>Purchase Price</b>	<b>Quantity</b>	<b>Comments</b>	<b>Check List</b>
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 Aqua Mira for backcountry water purification. However, if you are sensitive to 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 Poles	Must Bring	Must Bring	1	A sturdy 2-3 section pole for ease of pack ability.	
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	Must Bring	Must Bring	1	Crazy Creek or one with Therm-A-Rest fitting.	
Hydration System	Must Bring	Must Bring	1	Very handy and popular.	

Our advice? Keep the camera and other gear to small sizes. We work to keep our pack weight a 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	Maps & Compass
Camp Stoves	Reference Books
Fuel and Fuel Bottles	Binoculars
Cooking Gear	First Aid Kits
Trowels or Shovels	Equipment Repair Kits

