

E Q U I P M E N T L I S T

Wildfire Leadership Training Expedition L-380

Welcome to NOLS!

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

You are welcome to bring gear that you already own. Your instructors will inspect any gear you may have brought with you to determine if it is suitable for your course. If an item is not approved, you can leave it with your baggage in the storage locker.

Rental equipment requested will be issued at the start of your course. To ensure your instructors bring the equipment you wish to rent or purchase please complete the Personal Equipment Request Form included with this document *by November 7th, 2008*. Requests received after this date cannot be accommodated.

The NOLS outfitting department is capable of providing most of the equipment needed for your course. Additional charges will be incurred for any equipment that is lost or damaged. The final cost will vary according to 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 approximately 2-4 weeks after the end of your course. Please note that **all prices are subject to change**.

If you have any questions, please contact NOLS Professional Training at (800) 710-6657, x.3.

REQUIRED Gear that can be RENTED from NOLS

These items can be requested through NOLS at a rental price. The WFAP will pay for these items if you need them. These items will need to be returned to NOLS at the end of your course.

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Backpack	\$25	\$305	1	Our packs are large expedition packs with a volume of at least 6300 to 7000 cubic inches. If you bring an internal frame pack, it will be examined by your instructors to determine its suitability for your course and route. It <i>must</i> have a volume of at least 6,300 to 7,000 cubic inches.	
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 Bag	\$15	\$160	1	We recommend synthetic-filled sleeping bags, which are durable & perform well in rainy weather. (Down bags are insufficient for the wet conditions we encounter. A synthetic bag w/ approx. 3 pounds of fill rated to 15F or 20F and with 6-8" of loft is needed. Note: Sleeping bags are an essential piece of safety gear. Instructors will use judgment when evaluating your bag.	
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.					
Sleeping Pad	\$1	\$10-\$75	1	A full-length 3/8 " closed cell foam pad to insulate and pad beneath sleeping bag. Therm-A-Rest ® or similar brand full length or 3/4 length are acceptable, work well on snow and are <i>for sale only</i> . Bring a repair kit if you plan on bringing/ purchasing a Therm-A-Rest ®.	
Compression Stuff Sack	\$4	\$49.95	1	A sleeping bag stuff sack with straps attached to compress contents.	
Middle Layer (Fleece Pullover)	\$5	\$40-\$60	2	Polyester fleece pullover/expedition weight top of Polartec® 100 or 200, fiberfill jacket or wool sweater.	
Top Insulating Layer (Synthetic Jacket)	\$10	\$170-190	1	Heavyweight, full-length zip fleece or fiberfill jacket of Polartec® 300 or equivalent weight.	
Wind Shirt	\$5	\$55	1	A lightweight, breathable, nylon wind shell either anorak or full-zip style. This must be large enough to fit comfortably over your upper body layers.	
Wind Pants	\$5	\$80	1 pair	Durable but lightweight nylon wind pants that are roomy enough to fit over all lower body garments. Gore-Tex ® wind pants are acceptable. Zippered legs will help you slip your pants on over hiking boots. Avoid heavy fabrics.	
Fleece pants	\$5	\$60	1 pair	Light weight.	
Plastic Trash Bags	WFAP can provide	\$0.50	2-3	Heavy-duty lawn and garden bags, 2 mil, 33 gallon or 3 mil contractor clean-up bags or compactor bags for making stuff sacks and backpacks more waterproof.	

We layer our clothing, combining different garments to achieve optimum insulation and protection from the 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 2 1/2 -3 insulating layers. (a light polypro or a vest = 1/2 layer).

Our suggested combination:

- 1 poly pro t-shirt, lightweight (1/2 layer)
- 1 mid to expedition weight shirt (1 layer)
- 1 fleece jacket (1 layer)
- 1 fleece vest (1/2 layer, optional)

REQUIRED Gear that is PURCHASE ONLY from NOLS

These items are required. If you have any of this gear please bring it with you! If you need any of the items listed below you can request them through NOLS and they will be brought to you.

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
T-Shirt	Purchase Only	\$28-\$35	1	A lightweight polyester/Capilene T-shirt	
Upper Base Layer (Mid-Weight Poly Pro Top)	Purchase Only	\$40-\$60	1	Mid-weight underwear top made of wool, polypropylene, Capilene® or ZeO2™	
Lower Base Layer	Purchase Only	\$30-\$45	1 pair	Light to mid-weight long bottoms of high performance polyester, polypropylene, ZeO2, Capilene® or Coolmax.	
Rain Parka	Purchase Only	\$90-\$150	1	A sturdy, roomy waterproof jacket with a hood. Both coated nylon and breathable fabrics such as Gore-Tex® are acceptable.	
Rain Pants	Purchase Only	\$90-\$110	1 pair	Coated nylon pants to fit over all your layers. Gore-Tex pants are preferable and can be used for both a wind and rain layer.	
Nylon Shorts	Purchase Only	\$40-\$60	1 pair	Loose fitting nylon shorts. Men may want shorts with liners These should be quick drying. No cotton shorts.	
Wool or Pile Hat/ balaclava	\$1	\$15-\$20	1	To keep you warm at night or cool daytime conditions.	
Baseball Cap	Purchase only	\$18.95	1	Necessary for sun protection. Especially useful while hiking, when your wide brimmed hat is more cumbersome with a pack on.	
Gloves	Purchase Only	\$15-\$30	1	Wool or synthetic (fleece).	
Socks	Purchase Only	\$10-\$19	3 pairs	Socks must be heavy wool or wool / polypropylene blend Thorlo® and Smartwool® are good choices. You will need 3 sets of hiking socks (either heavy wool with a liner or 2 heavy wool or Poly Pro blends) and a camp sock.	
Liner Socks	Purchase Only	\$6	1-2 pairs	Lightweight wool, polypropylene or Capilene® ""wick dry"" socks. Necessary only if you prefer the liner and thick wool sock combination in your hiking boots.	
Bowl	Purchase Only	\$4	1	A bowl with a snap-on lid or screw top is recommended. Re-sealable Tupperware® containers work well.	
Spoon	Purchase Only	\$1	1	Lexan spoons are light, durable and popular. Metal spoons will also work.	
Water Bottle	Purchase Only	\$13-\$30	1-2	2 wide-mouth quart- or liter-size plastic bottles.	
Lip Balm	Purchase Only	\$2	1	Cream or tube type moisturizing balm with sun protection factor SPF15 or greater.	
Sunscreen	Purchase Only	\$7-\$9	1	Water resistant sunscreen with a Sun Protection factor SPF15 or greater (SPF30 recommended). Fair skinned people may need total sun block like zinc oxide.	
Head-Lamp	Purchase Only	\$29-\$40	1	Should be durable and lightweight. Petzl, Black Diamond, Princeton Tech or similar are recommended. Headlamps with adjustable light strengths (i.e. LED's and standard bulb) are recommended as they allow better battery efficiency.	
Disposable Lighters	Purchase Only	\$1.50	1	They are used to light your camp stoves.	
Notepad and Pencil	Purchase Only	\$10	1	A small, lightweight pad is fine.	
Bandanna	Purchase only	\$2	2-3	Useful for a variety of purposes, especially sun shade around neck.	

REQUIRED Gear that you MUST BRING

The following items CAN NOT be rented or purchased through NOLS and must be brought with you!

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Medium-weight, off-trail backpacking boots	Must Bring	Must Bring	1 pair	Sturdy leather backpacking boots with good ankle support. See following page for suggested boot models, and attached boot fitting directions.	
Women: Underwear Men: Boxers	Must Bring	Must Bring	3-5	Capilene® or nylon w/ cotton crotch underwear is recommended. Men may prefer boxer shorts.	
Camp Shoes	Must Bring	Must Bring	1 pair	Sneakers work best. Must be closed toed shoes, no sandals.	
Prescription Glasses and Contact Lenses	Must Bring	Must Bring	1	Bring spare glasses or contact lenses. Contact lens wearers should consider bringing a pair of glasses as backup.	
Personal Hygiene Articles	Must Bring	Must Bring		Bring travel or trial size toothpaste and skin lotion, Toothbrush, floss, and comb or brush. In the field you'll want to keep toiletries to a minimum to reduce weight. Consider anti-bacterial "baby wipes" or "Handi-wipes."	
Female Hygiene	Must Bring	Must Bring		Bring adequate tampons or pads for your regular menstrual cycle	
Watch	Must Bring	Must Bring	1	Water -resistant. An alarm and a light feature are helpful	
Sunglasses	Must Bring	Must Bring	1 pair	Lenses should be dark and 100%UV resistant. Glasses can be wrap around style or good quality sunglasses. We suggest a sturdy case.	
Medications	Must Bring	Must Bring		Bring any necessary medications or dietary supplements. If they are critical (i.e. bee or wasp sting allergy kits) bring an emergency backup supply. You need to inform NOLS Pro and your instructors if you have medications that you wish to bring on your course.	

OPTIONAL ITEMS

You DO NOT need to bring these items for your course, but if you already own them or would like you bring some of these items you are welcome to see if they are appropriate to include after packing all of the needed course items. You will notice that you can rent or purchase some of these items from NOLS. **If you request any of these items, via your Personal Equipment Request Sheet, they will be brought to you and you will be responsible for their purchase or rental.** Your instructors will assess if what you bring in this category is appropriate for your course. Avoid heavy or bulky items.

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Foam Pad Stuff Sack	\$0.75		1	Nylon bag to keep your foam pad rolled up/compressed.	
Small Stuff Sacks (Ditty Bags)	\$1.00	\$4.00	2 or 3	Small nylon or net bags for organizing items in your pack.	
Vest	Must Bring	Must Bring	1	Fleece, synthetic fill or wool	
Sports Bra	Purchase Only	\$18-\$32	1-2	Synthetic material, no cotton.	

Gaiters	Purchase Only	\$40	1 pair	Gaiters keep dirt and gravel out of boots and provide lower leg protection. Gaiters receive hard use. Gaiters with zippers should have a back up closure system, as zippers can break. Gaiters with restrictive fit or tight elastic around the boot cuff are not acceptable.
Insulated Mug	Purchase Only	\$3.50-\$4	1	12 oz. or 20 oz . insulated mugs with lids are preferred. (May use 2 nd H2O bottle as mug)
Sunglass Retainers	Purchase Only	\$5	1	Chums® or Croakies® for keeping track of your glasses or sunglasses. Available with NOLS logo.
Camera and Film	Must Bring	Must Bring	1	Lightweight, 35 mm or digital compact cameras are sufficient; bring a protective case. No heavy lenses and elaborate set-ups.
Binoculars	Must Bring	Must Bring	1	Good for wildlife spotting. The best are those that are lightweight and water-resistant
Pocket Knife	Purchase Only	\$20-\$45	1	Good for all sorts of uses.
Water Treatment	Must Bring	Must Bring	1	NOLS supplies Aqua Mira for backcountry water purification. If you are sensitive chlorine bring your water filter such as the PUR Scout or Hiker, or the SWEETWATER Guardian.
Coffee	Must Bring	Must Bring	1	Bring if you enjoy specialty coffee for yourself in the morning. Coffee is not in the NOLS ration.
Vitamins	Must Bring	Must Bring	1	A multiple vitamin to supplement the diet is preferred by some.
Therma Lounger / Crazy Creek	Purchase Only	\$20-\$50	1	Most students recommend a chair for their course. Makes 3/4 or full length Therm-A-Rest ® into a chair. Great for taking notes during classes. A Crazy Creek style chair can also be used.
Trekking Poles	Purchase Only	\$65-\$75	1 pair	Highly recommended if you like to use a ski pole while you hike. It should be a sturdy 2-3 section pole for ease of pack ability.
Reading Book	Must Bring	Must Bring	1	See leadership and management books at: www.fireleadership.gov/toolbox/documents/pro_reading_room.htm .

GROUP EQUIPMENT

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

Tents or Shelters	Equipment Repair Kits	Maps & Compass
Camp Stoves	Reference Books	Cooking Gear
Fuel and Fuel Bottles	First Aid Kits	Trowels

OPTIONAL ITEMS FOR L-380 Courses

On previous NOLS L-380 courses, some students expressed a desire to have brought their own:

- Navigation tools (lensatic compass, protractor, mechanical pencils, 7.5 min overlay ruler)
- Metal mug to use on stove
- GPS unit
- “jet-boil” stove

Several who hiked in their fire issued boots regretted not having “NOLS recommended” hiking boots, while others have done fine in fire boots. Please bring the footwear you feel will work best for you.

Please feel free to bring any items you are considering. There will be time to pack packs as a group and see what others are carrying. You are welcome to carry as much as you're willing to have on your back for a week.