

# Equipment List

## Wildfire Leadership Training Expedition L-380

### 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.

#### Equipment Selection

This list is broken up into three sections:

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

**Borrow Only** – The item is available to BORROW from NOLS.

**Purchase Only** – The item is available for PURCHASE only from NOLS.

Borrowed and purchased equipment that has been requested from NOLS will be issued at the start of your course. To ensure your instructors bring the equipment you wish to borrow or purchase, please complete the Personal Equipment Request Form included with this document **by November 21, 2011** and return it, along with the rest of your required paperwork, to the WFAP. Requests received after this date cannot be guaranteed.

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 in the barracks.

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

If you have not spent much time in the outdoors and have little experience with outdoor gear, this list may seem overwhelming at first. Please don't stress! Just do your best to find items that match most closely to those described. Many of these items can be found in your initial attack gear, a thrift store, Sierra Trading Post, or other discount gear stores. Do some research on the Web or bring this list to your local gear store for help. You are also welcome to call us at NOLS Professional Training, 800-710-NOLS ext. 3.

#### Equipment Fees

You will be charged for any gear that has been purchased from NOLS and asked to settle your outfitting bill during your de-issue process at the end of the course. NOLS accepts Visa, MasterCard, personal check, and exact change. Additional charges will be added for any equipment that is lost or damaged. Please note that prices are subject to change without notice.

#### Storage

All gear that you are not taking with you on the expedition will be kept in your room in the barracks. Your room keys will be turned in to the WFAP prior to departure and returned to you after de-issuing at the end of the course.



**NECESSARY gear that is available to borrow from NOLS**

The following items are necessary for your course and can be requested to borrow from NOLS. You are encouraged to bring with you any items you currently own that fit the descriptions below. The gear in this list will be returned to NOLS post-course.

Equipment	Quantity	Comments
Backpack	1	Recommended packs: Osprey Aether 85, NOLS Deuter pack (5 lbs), or other packs of similar quality and capacity.  The backpack itself should weigh no more than 4-6 lbs. and should at least have 5,000 cubic inches of space.  If you do not already own a backpack, we recommend you rent one from us.
Sleeping Bag	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.
Sleeping Pad	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. Bring a repair kit if you plan on bringing/ purchasing a Therm-A-Rest ®.
Compression Stuff Sack	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.
Middle Layer (Fleece Pullover)	2	Polyester fleece pullover/expedition weight top of Polartec® 100 or 200, fiberfill jacket or wool sweater.
Top Insulating Layer (Synthetic Jacket)	1	Lighter weight and warmer than comparable fleece jackets! A warm synthetic filled puffy jacket is recommended for people who get cold easily. We recommend and carry synthetic jackets. Down can be used, but requires extra care in wet conditions.
Rain Jacket	1	A sturdy, roomy waterproof jacket with a hood. Both coated nylon and breathable fabrics such as Gore-Tex® are acceptable.
Wind Shirt	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	1 pair	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 boots. Lightweight running pants are not durable enough. 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.
Fleece Pants	1 pair	Lightweight.
Rain Pants	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.
Wool or Pile Hat/Balaclava	1	To keep you warm at night or cool daytime conditions.

**Our Advice?** A backpack and sleeping bag are major purchases. If you don't already own one we think you should use ours, gain some experience, then make an informed decision on your needs.



**Necessary gear that is available for PURCHASE from NOLS**

The following items are necessary for your course and can be requested for PURCHASE through NOLS. You are encouraged to bring with you any items you currently own that fit the descriptions below. **Many of these items can be found in your initial attack gear, a thrift store, Sierra Trading Post, or other discount gear stores. If you request any of these items, via your Personal Gear Request Form, they will be brought to you, and you will be PERSONALLY responsible for their purchase fees.**

Equipment	Purchase Price	Quantity	Comments
T-Shirt	\$35	1	1 synthetic shirt for hiking. We highly recommend polyester or Capilene® for hiking because it dries much more quickly than cotton and can be incorporated into a layering system. Also, consider an old polyester button up dress shirt for a hiking shirt, inexpensive at a thrift store and provides great sun protection!
Primary Insulating Layer (Mid-Weight Top)	\$50	1	1 mid-weight long underwear top made of wool, polypropylene, or Capilene®. Cotton and cotton blends are not acceptable. <b>This is a very important layer to keep you warm and comfortable!</b>
Primary Insulating Layer (Mid-Weight Bottoms)	\$40	1 pair	Lightweight synthetic (under 6 oz.) long underwear bottoms such as the Patagonia Capilene 1 or 2 bottoms. Wool and silk are good alternatives. Cotton and cotton blends are not acceptable. <b>This is a very important layer to keep you warm and comfortable!</b>
Baseball Cap	\$15.95	1	Necessary for sun protection. Especially useful while hiking, when your wide brimmed hat is more cumbersome with a pack on.
Gloves	\$14.95	1	Wool or synthetic (fleece).
Socks	\$15 each	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.
Bowl	\$4	1	A bowl with a snap-on lid or screw top is recommended. Re-sealable Tupperware ® containers work well.
Spoon	\$1	1	Lexan spoons are light, durable and popular. Metal spoons will also work.
Water Bottle	\$13 each	1-2	Lexan spoons are light, durable and popular. Metal spoons will also work.
Lip Balm	\$2.50	1	Cream or tube type moisturizing balm with sun protection factor SPF15 or greater.
Sunscreen	\$4.25	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.
Sunglasses	\$40-\$160	1	Lenses should be dark and 100%UV resistant. Glasses can be wrap around style or good quality sunglasses. We suggest a sturdy case.
Head Lamp	\$39.95	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. Bring spare batteries.



Watch	\$19.95	1	Water –resistant. An alarm and a light feature are helpful
Disposable Lighters	\$1.50	1	They are used to light your camp stoves.
Notepad and Pencil	\$9.95	1	A small, lightweight pad is fine.
Bandanna	\$2	2-3	Useful for a variety of purposes.
Plastic Trash Bags	\$0.50 each	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.

### Necessary Gear that you MUST BRING

The following items are necessary for your course and CAN NOT be borrowed or purchased from NOLS once you arrive for your course. **You will need to bring these items from home.**

Equipment	Quantity	Comments
Hiking Boots	1 pair	Medium-weight, off-trail hiking boots. Sturdy leather backpacking boots with good ankle support. See last page for suggested boot models, and attached boot-fitting directions. Many who have hiked in their fire-issued boots in the past have regretted not having “NOLS recommended” hiking boots. Whites, Hawthorns, Nicks, Red Wings, etc. can be painful during a weeklong backpacking expedition.
Underwear	2-3 pair	Capilene ® or nylon w/ cotton crotch underwear is recommended. Men may prefer boxer shorts.
Camp Shoes	1 pair	Sneakers work best. Must be closed toed shoes, no sandals.
Prescription Glasses and Contact Lenses		Bring spare glasses or contact lenses. Contact lens wearers should consider bringing a pair of glasses as backup.
Personal Hygiene Articles		Bring travel or trial size toothpaste and skin lotion, Toothbrush, floss, and comb or brush. In the field you will want to keep toiletries to a minimum to reduce weight. Consider anti-bacterial “baby wipes” or “Handi-wipes.”
Female Hygiene		Bring adequate tampons or pads for your regular menstrual cycle
Medications		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.
Instant Hand Sanitizer		Must have 2 oz. bottles for keeping hands clean.

### OPTIONAL Items

The following items are **OPTIONAL** for your course. If you already own some of these items or would like to bring them with you from home, you are welcome to see if your instructors deem them appropriate once your course begins. Some of these items are available for rent or purchase from NOLS. **If you request any of these items, via your Personal Gear Request Form, they will be brought to you and you will be PERSONALLY responsible for their purchase or rental fees.**

Equipment	Rental Prices	Purchase Prices	Quantity	Comments
Small Stuff Sacks (Ditty Bags)	\$1	\$4	2-3	Small nylon or net bags for organizing items in your pack.
Vest	Not available for rent	Not available for purchase	1	Fleece, synthetic fill, or wool



Sports Bra	Not available for rent	\$40	1-2	Synthetic material, no cotton.
Gaiters	Not available for rent	\$49	1	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. Gaiters are optional but <b>highly recommended</b> .
Liner Socks	Not available for rent	\$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.
Nylon Shorts	Not available for rent	\$40-\$60	1	Loose fitting nylon shorts. Men may want shorts with liners These should be quick drying. No cotton shorts.
Insulated Mug	Not available for rent	\$12.95	1	12 oz. or 20 oz . insulated mugs with lids are preferred. (May use 2 <sup>nd</sup> H2O bottle as mug)
Sunglass Retainers	Not available for rent	\$4.95	1	Chums® or Croakies® for keeping track of your glasses or sunglasses. Available with NOLS logo.
Camera	Not available for rent	Not available for purchase	1	Lightweight, 35 mm or digital compact cameras are sufficient; bring a protective case. No heavy lenses and elaborate set-ups.
Binoculars	Not available for rent	Not available for purchase	1	Good for wildlife spotting. The best are those that are lightweight and water-resistant
Pocket Knife	Not available for rent	\$19.95	1	Good for all sorts of uses.
Water Treatment	Not available for rent	Not available for purchase	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	Not available for rent	Not available for purchase		Bring if you enjoy specialty coffee for yourself in the morning. Coffee is not apart of the NOLS ration.
Vitamins	Not available for rent	Not available for purchase		A multiple vitamin to supplement the diet is preferred by some.
Crazy Creek/Therm-a-Rest Loungers	Not available for rent	\$14.95	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	Not available for rent	\$64.95	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	Not available for rent	Not available for	1	See leadership and management books at: <a href="http://www.fireleadership.gov/toolbox/documents/pr">www.fireleadership.gov/toolbox/documents/pr</a>

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### Boot Selection Guide

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 boots work best. They provide good support for off-trail hiking with heavy packs and usually require less break-in time than other boots options. 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.
- 1/2 to 3/4 length shank or full poly mid sole stiffener within the sole to provide foot support and protection.
- Ankle support. Trail runner sneakers and 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

Lowa: Tahoe GTX, Tibet GTX, Banff, Pingora GTX

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

La Sportiva: Thunder II GTX, Cascade GTX

Montrail: Feather Peak GTX

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

Vasque: Wasatch GTX, Zephyr II GTX, Summit GTX, Sundowner GTX series, Clarion GTX, Breeze GTX

Oboz: Wind River

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

### 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. Whites, Hawthorns, Nicks, Red Wings, etc. can be painful during a weeklong backpacking expedition. 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.



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