



## LEAVE NO TRACE MASTER EDUCATOR™ CANOE COURSE

### COURSE DESCRIPTION/TRAVEL INFORMATION/EQUIPMENT LIST

Whitehorse, Yukon Territory, Canada

**June 17<sup>th</sup> – June 21<sup>st</sup>, 2009**

**Course Price: CA\$850.00**

#### **Special Rates:**

-Yukon Government Employees CA\$750.00

-NOLS Alumni CA\$800.00

-Yukon Tourism Employees may be eligible for Yukon Tourism Training Funds up to 75% of the course cost. Apply by May 18<sup>th</sup> at:

[www.tiayukon.com/programs2/yukontourismtrainingfund](http://www.tiayukon.com/programs2/yukontourismtrainingfund)

#### **COURSE DESCRIPTION**

During four days in this rich boreal forest and alpine tundra ecosystem, you will learn and teach the principles of Leave No Trace and discuss wild land ethics. Your group will be a mix of Yukon tourism employees, wilderness guides, and may include federal agency partners, educators, and/or outdoor retailers. Paddling distances are short to moderate and the river paddled will be non-technical (Class I and flat water). The route will be approximately 40-60 kilometers long, with significant time spent in discussions and classes. You can expect a variety of weather conditions, with temperatures ranging from nighttime lows around freezing to daytime highs in the low 20s. Rain, snow and high winds are possible at any time.

#### **Features of the Course**

- Basic canoeing skills will be reviewed and you may spend about 3-6 hours on the river per day
- Stunning views of the Yukon wilderness and beautiful northern rivers and wildlife
- Discussions, class time, participant teaching and skits leading to Master Educator certification in Leave No Trace Principles
- Day 1 and Day 5 will include prep time and clean up after the course

Meet your instructors and fellow students at 7:30 a.m. on Wednesday, June 24<sup>th</sup>, in front of the S.S. Klondike (a historic Yukon River boat dry-docked on the banks of the Yukon). It is located in a park area at the corner of Robert Service Way and Second Avenue in Whitehorse. The first day is spent in an indoor classroom and includes discussion of the history of the LNT program, an introduction to the LNT principles and final preparation for



traveling in the backcountry. Your group may stay in a campground on Friday night.

The backcountry portion of the course begins the second morning with three or four nights spent in the field.

The course ends Sunday afternoon, June 2<sup>nd</sup>. To allow time for cleaning equipment, completing evaluations and awarding diplomas plan, it is recommended to depart no earlier than the morning of Wednesday June 3<sup>rd</sup>, if you are leaving Whitehorse after the course.

### **Curriculum**

The Leave No Trace Center for Outdoor Ethics has designated NOLS as one of the principal educational providers of Master Educator Courses. LNT Canada recognizes NOLS as one of the pioneers of Leave No Trace techniques and curriculum. NOLS brings over 35 years of experience teaching wilderness skills and leadership to the LNT Program. NOLS is a course provider of Leave No Trace Canada.

Master Educator courses are informative, practical, hands-on and fun. You will learn skills and teaching techniques through lectures, skits and discussions in a spectacular outdoor setting. The course is designed for people who actively teach others outdoor skills or provide recreation information to the public and emphasizes three components:

- low-impact camping skills
- wildland ethics
- outdoor teaching techniques

### **Teaching Session**

Each participant will be required to present a short (15-20 min.) class on one of the LNT principles or how it relates to a specific activity, e.g., canoeing or mountain biking. The class can be skills oriented or theoretical in content. Although some preparation time will be available once the course has begun, plan on having your class prepared before arriving at the course location. If you have questions regarding class presentations please refer to the teaching information on the LNT website [www.LNT.org](http://www.LNT.org), LNT Canada Website [www.leavenotrace.ca](http://www.leavenotrace.ca), or contact the NOLS Leave No Trace office at 1(800) 710-6657.

### **Environment**

The Yukon Territory offers vast expanses of remote trail-less wilderness, intact ecosystems and wild rivers. Your expedition will travel on one of a number of rivers in southern Yukon (Possibilities include the Yukon, Takhini, or Teslin rivers.).

The wilderness of the Yukon is home to a variety of animals, such as grizzly bears, timber wolves, caribou, moose, and marmots. Furthermore it is a birder's paradise with falcons, eagles and a wide variety of sea birds migrating north for the summer months to nest on the lakes and rivers of the Yukon Territory. After the winter season, the Yukon wild comes to life for a brief and intense summer of almost continuous daylight.

The river will be your home as you paddle and experience a truly wild place. Paddling in winds, some long days and dealing with widely varied weather may all be part of your



adventure. You'll work hard, but you'll reach places you will never forget. You will learn the skills you need to share minimum impact canoeing skills on any river you will paddle in the future, whether it is for personal trips or as a guide leading others through wild lands.

### **Food and Equipment**

You will cook, travel and sleep in smaller groups of 3-4 and be together as a single group for class presentations and discussions. Camping in small groups allows participants more opportunities to learn and practice Leave No Trace techniques. Group equipment, such as stoves, shelters and cook gear will be provided by NOLS. Food for the field portion of the course consists of typical NOLS rations including rice, pasta, grains and cereals and a variety of snack foods. Dry staples are supplemented with fresh fruits, vegetables, nuts and cheeses. If you have special dietary needs please notify the NOLS Yukon office.

### **Enrollment Forms**

The following forms are available on the NOLS website (<http://www.nols.edu/Int/enroll.shtml>, please see Canada LNT Paperwork section, and at the NOLS Yukon office). These must be completed and received by NOLS Yukon no later than **May 25<sup>th</sup>**.

- Course Application
- Self-Screening medical form - **including cardiac screening section**
- Insurance Form - all course participants must have some form of medical insurance
- Acknowledgement of Risk and Release form (Student Agreement)

### **Payment and Cancellation Policies - PLEASE READ CAREFULLY!**

Course tuition is **CA\$850.00** and includes a one-year individual membership to Leave No Trace, instruction, group equipment, meals and educational materials for the duration of the course.

- **TO ENROLL, A COMPLETED APPLICATION AND A \$100 NON-REFUNDABLE APPLICATION FEE ARE REQUIRED.**
- **THE BALANCE OF TUITION IS DUE 45 DAYS PRIOR TO THE COURSE START DATE.**
- **IF YOU CANCEL YOUR ENROLLMENT ON A COURSE FOR ANY REASON, YOU WILL RECEIVE A REFUND AS SPECIFIED BELOW:**
- **PRIOR TO 45 DAYS BEFORE THE COURSE STARTING DATE, NOLS WILL RETAIN THE \$100 APPLICATION FEE.**
- **BETWEEN 30-44 DAYS PRIOR TO THE COURSE STARTING DATE, NOLS WILL RETAIN 25% OF THE COURSE TUITION.**
- **BETWEEN 15-29 DAYS PRIOR TO THE COURSE STARTING DATE, NOLS WILL RETAIN 50% OF THE COURSE TUITION.**



- **LESS THAN 15 DAYS PRIOR TO THE COURSE STARTING DATE, AND ONCE THE COURSE HAS BEGUN, THERE WILL BE NO REFUNDS.**

**NOTE: All monies need to be mailed (check or money order) to NOLS Yukon.**

## **SAMPLE COURSE AGENDA**

### **DAY ONE**

- Course begins @ 7:30 am.
- Introduction to the Master Educator Course, history of LNT, role of research in LNT
- Principles of Education
- Principle One: Plan Ahead and Prepare

### **DAY TWO**

- Breakfast, packing, shuttle to trailhead/put-in, travel to first camp.
- Principle Two: Travel and Camp on Durable Surfaces.
- Principle Three: Dispose of Waste Properly.
- Introduce "Action Plans".

### **DAY THREE**

- Breakfast, break camp, pack up, and evaluate impact. Travel to second camp.
- Principle Four: Leave What You Find
- Principle Five: Minimize Campfire Impacts
- Principle Six: Respect Wildlife
- Work on "Action Plans".
- Introduction to Trainer Course Material

### **DAY FOUR**

- Breakfast, break camp, pack up, and evaluate impact. Travel to third camp.
- Principle Seven: Be Considerate of Other Visitors.
- Wildland Ethics
- Share and discuss "Action Plans".

### **DAY FIVE**

- Breakfast, break camp, pack up, and evaluate impact.
- How to run a Leave No Trace Trainer course.
- Course Evaluations.
- Final thoughts.
- Travel out, award diplomas, course ends.

## **TRAVEL AND LOGISTICS**

### **Start Time and Location**

The course will meet @ 7:30 a.m. at KLONDIKE PADDLEWHEEL MONUMENT in Whitehorse on June 17<sup>th</sup>.

### **Travel Information**

The following information describes your pre- and post course logistics to better



prepare you for your expedition. **Please be sure to read this and all material pertaining to your course carefully.** If you have any questions, contact our LNT office at 1(800) 710-6657, or the NOLS Yukon operations at 867-668-3578 or [yukon@nols.edu](mailto:yukon@nols.edu).

**Your course begins with an orientation meeting at 7:30 a.m. on the morning of the official course start date. Please bring all your belongings to the S.S. Klondike as we will proceed to the NOLS Yukon branch following an orientation.** Please be there on time with all errands and personal business completed. If plane schedules prohibit you from attending the pre-course orientation, please call NOLS Yukon (867.668.3578), or email us at [yukon@nols.edu](mailto:yukon@nols.edu).

### **First and Last Day of the Course**

All phone calls, letters and personal matters must be attended to before the course begins. Bring everything you think you may want on your course to Whitehorse, even if it differs from the equipment list. Your instructors coach you on the appropriate gear for your course, which varies with route and weather conditions. We recommend you leave purchase tags on any new gear in case you decide it is not what you want or need for your course. NOLS then outfits you with any additional equipment needed.

NOLS stores any excess baggage and may be able to assist you with vehicle storage for the duration of your course. Please call the branch if you are driving to the Yukon. Although due care will be taken, **NOLS assumes no liability** for baggage or vehicles while stored in Whitehorse. It may be possible for you to obtain personal insurance to cover such risks.

On the last day of your course we de-issue and clean gear and bill you for gear rental, purchases, damages, or lost equipment. NOLS provides breakfast and lunch. **You are responsible for dinner and lodging on the final day of your course.** Students and instructors often gather for a final dinner in Whitehorse.

**We ask that your departure plans be for no earlier than the day following the official course end date.** Logistical challenges occasionally occur in the Yukon. We would hate for you to miss the late flight on the final day of your course.

### **Getting To Whitehorse**

Whitehorse is located in the southern part of the Yukon Territory in Canada. If you would like a free map and vacation guide from Tourism Yukon write to: Tourism Yukon, Box 2703, Whitehorse, Yukon, Y1A 2C6, Canada. Phone: 867-667-5340. Fax: 867-667-3546.

There are a variety of ways to get to Whitehorse—flying is the most common. Most flights to Whitehorse originate in Vancouver, Calgary or Edmonton. Both Air North and Air Canada fly into Whitehorse seven days a week.

### **Entering Canada**

If you are coming from outside Canada, you will need identification to cross the border whether you fly or drive. **US citizens must now have an official passport to enter**



**Canada.** No other form of ID will suffice. If you are a US citizen, and do not currently possess a valid passport, you need to begin the process early; it can take a minimum of 60 days from time of application to receive your passport. For information on obtaining a US passport see the US State Department web site: [www.state.gov/travel](http://www.state.gov/travel). Residents of most other countries will need to obtain an entry visa before entering Canada. Call your local Canadian embassy or consulate for information. If you are driving into Canada, bring your vehicle registration and proof of ownership. If you are flying into Canada, you will have to clear Immigration and Customs at the first Canadian airport where you land. Even if your luggage is checked through to Whitehorse, **you must collect your luggage, proceed through Customs and then return your luggage to the baggage handling system.** Just past Customs there is a conveyor belt to accept bags already checked through to other destinations. **If you are under 18 years of age**, you will need a letter from your parent or guardian authorizing you to travel into Canada. It should indicate how and when you plan to return home as well.

### **If Delayed**

If you will be delayed in reaching Whitehorse, please contact NOLS Canada Operations at (867) 668-3578. Once your course leaves for the bush, it will be impossible for you to join your expedition. If you think your method of transport to Whitehorse is at all unreliable, plan to arrive a day or two early.

### **Lodging**

Whitehorse has many lodging alternatives. Many of the hotels have airport shuttles. Be sure to ask for "the NOLS student rate." Here are a few suggestions:

#### **HOTELS (~\$90+ CND)**

Riverview Hotel  
102 Wood Street  
Whitehorse, YT Y1A 2E3  
867-667-7801  
Email: [hotel@riverview.ca](mailto:hotel@riverview.ca)

High Country Inn  
(~ \$100 CDN)  
4051 4th Ave  
Whitehorse, YT Y1A 1H1  
867-667-4471 or  
1-800-554-4471  
[www.highcountryinn.yk.ca](http://www.highcountryinn.yk.ca)

#### **HOSTELS (~\$25 CAD)**

Beez Kneez Backpackers  
408 Hoge St.  
Whitehorse, YT  
867-456-2333  
[hostel@klondikers.com](mailto:hostel@klondikers.com)

### **Communication and Contact**



You will be out of telephone contact for the duration of your expedition. If someone needs to reach you in case of **emergency**, please have them contact NOLS Yukon (867) 668-3578. We will make all efforts to relay a message to you in the field. Friends and relatives should not expect to hear from you until your course is completed.

### **NOLS Canada Administrative Headquarters**

All tuition payments and completed enrollment forms should be sent to: NOLS Yukon, 12 B Burns Road, Whitehorse, Yukon Territory, Y1A 4Y9, Canada. (867) 668-3578, [yukon@nols.edu](mailto:yukon@nols.edu).

### **EQUIPMENT LIST**

Please see the equipment list below, specific to the Yukon LNT Masters Course, to help you decide what to bring, what to rent and what you want to purchase from us. Upon arriving your instructors will check your gear and help you pack for the mountains.

### **CONTACT INFORMATION**

NOLS Yukon  
12 B Burns Road, Whitehorse, YT, Y1A 4Y9  
Canada  
Phone: 867-668-3578  
Fax: 867-668-3523  
E-mail: [yukon@nols.edu](mailto:yukon@nols.edu)

NOLS Leave No Trace office at 1(800) 710-6657



# Equipment List

## Yukon Week Long Canoe

### National Outdoor Leadership School

**Welcome to NOLS!** We have designed this 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.

Equipment selection and care is an essential wilderness skill, and there is a bewildering variety of equipment on today's market. We urge you to be careful about expensive pre-course purchases. Because you will have a better understanding of your equipment preferences after your NOLS course, we recommend renting from NOLS rather than purchasing expensive gear in advance. Gear rental will provide you with the opportunity to test specific items and will help you make more informed purchases. If you purchase major items, leave the tags on and keep the receipts in case you want to return them.

It can be confusing to know what is the best gear to use for your course before you experience the expedition. Varied personal desires make it difficult to suggest one perfect equipment list. Knowledge of the right equipment systems is a product of experience – we do not expect you to know exactly what to bring. For this reason, we have provided a complete list below with explanations of use, what to look for when buying an item, and some brand suggestions. When in doubt, please call the branch that your course will take place and we can give you more personal advice.

NOLS Yukon has a fully functional gear room complete with almost all the gear you will need for the course. This gear has been selected to meet the exact needs of your course. It may result in less confusion and purchasing inappropriate gear to wait until you are at NOLS Yukon and with your specific instructors to buy or rent the right gear. After your course you can buy the rental gear you liked, and/or will have the experience to go out and get the equipment that best suits your needs for future endeavors. As a non-profit, all our prices are competitive and the money you spend goes toward providing wilderness leadership opportunities for others.

Of course, you are welcome to bring gear you already own. Please try to match your selections as closely as possible to the items described in the following list. Your instructors will inspect all of the 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. You may be asked to rent or purchase gear from our outfitting department to round out what you brought with you. **Your instructor team and route will ultimately determine which gear is best for your expedition.**

If you wish to buy gear before your course, consider our preferred retailers. The staff at these stores is familiar with the equipment required for a NOLS course. Please ask the NOLS admission office about Preferred Retailers in your area or visit our web site at [www.nols.edu](http://www.nols.edu).

NOLS does not accept credit or debit cards, you are advised to bring cheques, cash, or travelers cheques. Your final equipment cost will vary according to how much gear you rent and/or purchase from NOLS, and if there are any charges for lost or damaged gear. As a benchmark, personal rentals and purchases on a similar length course in 2008, ranged from C\$50 to C\$450, with the average being ~C\$250. You may also request for NOLS to send you a bill after your



course.

At the end of a course, students can purchase new and used equipment. NOLS offers substantial discounts for used equipment and the rental fee will be applied towards purchase. Please note that **rental and purchase prices are subject to change.**

If you have any questions or if you would like more information regarding any of the items in the equipment list, please contact NOLS Yukon 867-668-3578 or visit our web site at [www.nols.edu](http://www.nols.edu).

Item availability: **Available at NOLS** – Can be rented or purchased from NOLS Yukon if you choose to not bring from home.  
**Must Bring:** Not available from NOLS; bring from home.  
**Optional:** Item is not needed but may be desired

Upper Body Layers					
We layer our clothing, combining different garments to achieve optimum insulation and protection from wind, rain and snow. The upper garments listed here are either synthetic or wool, which insulate when wet, or nylon or Gore-Tex® which help prevent heat loss by cutting wind, rain and snow. You will need 3-4 insulating layers, plus a wind and a rain layer. All must fit comfortably over one another so they may be worn simultaneously. With the exception of your t-shirt, cotton and cotton blends are unacceptable as cotton offers poor insulation when wet. During the river travel, it is useful to have one under layer, which will get wet, for the river and a second under layer, which will be dry, for camp.					
Equipment	Rental Price	Purchase Price	Qty	Comments	Check List
Under Layer (Mid-Weight Synthetic)	Purchase Only	Available at NOLS C\$35-45	2	Mid-weight underwear top made of wool, polypropylene, or Capilene®. Zip turtleneck styles are a good choice for comfort and the ability to vent.	
Secondary or Middle Layer (Fleece Pullover)	Purchase Only	Available at NOLS C\$45-60	1-2	There are many options for middle layers. Some are inherently warmer than others. If you tend to get cold, choose a heavier layer or 2 middle layers. Expedition weight underwear, polyester fleece pullover of Polartec® 100 or 200, or a wool sweater are all appropriate.	
Top Layer (Fleece or synthetic puff Jacket)	Available at NOLS C\$10	Available at NOLS C\$95 - 180	1	Heavyweight, full-length zip fleece (Polartec® 300) or synthetic puff jacket (polyester). Must fit comfortably over your other insulating layers.	
Fleece Vest	Available at NOLS C\$5	Available at NOLS C\$55-70	1	<b>Optional.</b> A polyester fleece vest of Polartec® 200 or a synthetic filled vest. This is an additional layer if you tend to be cold. It should not be substituted for any of your 3 insulating layers.	



## Upper Body Layers (cont.)

Equipment	Rental Price	Purchase Price	Qty	Comments	Check List
Wind Shirt / Anorak	Available at NOLS C\$10	Rental Only	1	A lightweight, breathable, durable nylon wind shell, pullover or parka style, that fits comfortably over all your insulating layers. We strongly recommend a hood. There are many styles out there – this item is meant to be worn while hiking or in windy conditions where a Rain Jacket would be too hot.	
Rain Parka	Purchase Only	Available at NOLS C\$135-170	1	Sturdy, roomy waterproof jacket with a hood. Both coated nylon and breathable fabrics such as Gore-Tex® are acceptable. Consider the balance between a lightweight jacket that still seems durable to withstand abrasion. "3-ply" fabric is suggested.	
T-Shirt	Purchase Only	Available at NOLS C\$27	2	A cotton or lightweight polyester/Capilene T-shirt. NOLS Yukon logo cotton T- shirts for sale.	

Our advice? Bring the fleece jackets and mid-layers you think might work. We'll advise you on the best combination for your course, the season and area. We also have a wide selection at NOLS Yukon and can get you the right layers when you get here.

## Lower Body Layers

You will need 2 synthetic insulating layers plus a wind layer. Most students are comfortable with a mid-weight primary (or base) layer and an expedition weight second layer. Both must fit comfortably over each other so that they can be worn at the same time. If you tend to get cold easily, bring a pair of fleece pants for your second layer.

Equipment	Rental Price	Purchase Price	Qty	Comments	Check List
Primary Layer (Mid-Weight Synthetic)	Purchase Only	Available at NOLS C\$45-60	1-2 pair	Mid-weight bottoms of high performance polyester, wool, polypropylene, or Capilene®. Cotton and cotton blends are not acceptable.	
Second Layer (Exp.-Weight Synthetic)	Purchase Only	Available at NOLS C\$60	1 pair	Expedition weight bottoms that fit comfortably over the under layer.	



## Lower Body Layers (cont.)

Equipment	Rental Price	Purchase Price	Qty	Comments	Check List
Fleece Pants	Available at NOLS C\$10	Available at NOLS C\$70	1 pair	<b>Optional.</b> Choose to bring these or a pair above depending on how cold you get. Polartec® 200 or equivalent. Side zippers make it easier to put pants on over boots.	
Wind Pants	Available at NOLS C\$15	Available at NOLS C\$70	1 pair	Breathable nylon wind pants, roomy enough to fit over all lower body garments. Gore-Tex® pants are acceptable and can double as rain pants. Zippered legs will help you slip your pants on over 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. They are frequently the one item students will purchase after their course.	
Rain Pants	Purchase Only	Available at NOLS C\$110-135	1 pair	Sturdy, roomy waterproof pants made of coated nylon or Gore-Tex®.	
Nylon Shorts	Purchase Only	Available at NOLS C\$35-45	1 or 2 pairs	Loose-fitting nylon athletic shorts.	
Swimsuit	Must Bring	Must Bring	1	A two- piece suit is especially convenient for women while wearing a wet suit.	
Briefs/Sports Bras	Purchase Only	Available at NOLS C\$25-40	1-4 pair	<b>Optional.</b> Silk and synthetic are best as they wick away moisture and dry quickly. We recommend that men go without underwear and use nylon athletic shorts with liners. We recommend women bring 3-4 pair of underwear and non-cotton sports bras.	

Our advice? Bring the synthetic or wool long johns or exercise pants you think might work. We'll advise you on the best combination for your course, the season and area. If you are unsure, wait to get the right layers at NOLS Yukon with the advise of your instructors.

## Head, Neck and Hand Layers



Equipment	Rental Price	Purchase Price	Qty	Comments	Check List
Sun Hat	Purchase Only	Available at NOLS C\$25	1	To protect ears and face from the sun. Baseball caps are available for sale.	

### Head, Neck and Hand Layers (cont.)

Equipment	Rental Price	Purchase Price	Qty	Comments	Check List
Wool or Fleece Hat (Toque)	Purchase Only	Available at NOLS C\$15-30	1	Warm hat made of wool or fleece. If you are using a hat instead of a balaclava, we recommend you bring a fleece neck gaiter for extra insulation.	
Balaclava/ Neck Gaiter or Scarf	Available at NOLS C\$5	Available at NOLS C\$25	1	<b>Optional.</b> 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. Neck Gaiters are wool or fleece. A large wool or synthetic scarf will also work and offers great bug protection.	
Mosquito Headnet	Available at NOLS C\$2	C\$12	1	Light, nylon headnet with a drawstring. A high quality weave is worth its weight in gold. You do NOT require BOTH a bug jacket and mosquito headnet.	
Wool or Fleece Gloves	Purchase Only	Available at NOLS C\$20-30	1 pair	Ragg wool or synthetic (fleece).	
Wool or Fleece Mittens	Purchase Only	Available at NOLS C\$20-30	1 pair	<b>Optional.</b> Ragg wool or synthetic (fleece). If you tend to have cold hands, bring both gloves and mittens.	
Mitten Shells	Available at NOLS C\$5	Available at NOLS C\$30-65	1 pair	<b>Optional.</b> These are nylon shells that fit over your mittens or gloves. Depending on route and weather conditions, your instructors may require mitten shells. The NOLS mitten shells are not waterproof.	

Our advice? As long as they're not cotton, bring your gloves and mittens and we'll see if they'll work. You may need one pair, or depending on the weather, you may need two pairs. Also bring head layers that you like and we will help you pick the appropriate combination.

### Packs

Equipment	Rental Price	Purchase Price	Qty	Comments	Check List
Large Dry Bag (Bills Bag)	Available at NOLS \$25	Rental Only	1	A waterproof storage bag that replaces your backpack while on the river. 110-litre capacity.	



Medium Dry Bag	Available at NOLS \$5	Available at NOLS \$20	1	A 20-litre waterproof storage bag for items you may need during the day while on the river (such as layers and snacks).
Zip (Duffel) Bag	Available at NOLS C\$2	Rental Only	1	<b>Optional:</b> A lightweight medium-sized zippered nylon bag (approx. 12" x 24") with handles, is sometimes used as part of our packing system.
Small Stuff Sacks (Ditty Bags)	Available at NOLS C\$2	Rental Only	2 or 3	<b>Optional.</b> 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 Bag and Pad

Equipment	Rental Price	Purchase Price	Qty	Comments	Check List
Sleeping Bag	Available at NOLS C\$35	Available at NOLS C\$115-160	1	Synthetic-filled bags (Quallofil®, Hollofil®, Polarguard®, etc.) perform well in the variety of conditions we encounter. A bag with approximately 3 pounds of fill rated to 5° or 10° F and having 6-8 inches of loft is required. Much lighter down bags are for sale only and can work well if cared for and stored in a waterproofed stuff sack.	
Compression Stuff Sack	Available at NOLS C\$4	Available at NOLS C\$35	1	Makes it easier to get your sleeping bag and other gear into an internal frame pack.	
Plastic Trash Bags	Purchase Only	Available at NOLS C\$1	2-4	Heavy-duty 3-mil contractor/compactor bags (33 gallon) to help waterproof your sleeping bag and backpack. NOLS has the most durable liners available in the issue room.	
Sleeping Pad or Therm-a-Rest®	Available at NOLS C\$5	Available at NOLS C\$105-125	1	A full-length, closed-cell foam pad or a Therm-a-Rest® provides insulation and padding between the ground and your sleeping bag. If you bring a Therm-a-Rest® bring along a repair kit in case of damage. (Therma-Rests® are available for sale)	
Sleeping Pad Stuff Sack	Available at NOLS C\$2	Rental Only	1	A nylon tubular sack to protect your pad from aggressive willows while bushwhacking.	

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	Qty	Comments	Check List
Insulated Mug	Purchase Only	Available at NOLS C\$7	1	12 oz to 20 oz. insulated mugs with lids are preferred.	
Coffee- Press Mug	Purchase Only	Available at NOLS C\$30	1	Optional, unless you can't live without your morning fix.	
Coffee	Purchase Only	Available at NOLS C\$12-15	1-2 lbs	Locally roasted coffee for sale from NOLS Yukon.	
Bowl	Purchase Only	Available at NOLS C\$4-6	1	A bowl with a snap-on lid is preferred.	
Spoon	Purchase Only	Available at NOLS C\$2	1	Lexan spoons are light, durable and popular. Metal works well, too.	
Water Bottle	Purchase Only	Available at NOLS C\$10-20	1	A wide mouth quart or liter size plastic or metal drinking bottle.	
Lip Balm	Purchase Only	Available at NOLS C\$2	1	Stick, cream, or tube type moisturizing balm with sun protection factor (SPF) 15 or greater.	
Sunscreen	Purchase Only	Available at NOLS C\$7-12	1	A 3 to 6 ounce tube with sun protection factor (SPF) 15 or greater.	
Bandannas	Purchase Only	Available at NOLS C\$2-4	2 or 3	A few cotton bandannas are always handy.	
Sunglasses	Purchase Only	Available at NOLS C\$35-110	1 pair	Lenses should block 100% ultraviolet and 95% infrared light.	

### Miscellaneous Items (cont.)

Equipment	Rental Price	Purchase Price	Qty	Comments	Check List
Head-Lamp/Flashlight	Purchase Only	Available at NOLS C\$35	1	Although the Yukon is the Land of the Midnight Sun, we recommend a light source for courses with late July and August start dates. Durable and lightweight. Head lamps are popular. Bring spare batteries.	
Disposable Lighters	Purchase Only	Available at NOLS C\$2	2	Use for lighting your camp stove.	
Toilet Articles	Must Bring	Must Bring	1	Toothbrush, toothpaste, comb, brush, skin lotion, tampons. Travel sizes are perfect.	
Insect Repellent	Purchase Only	Available at NOLS C\$5	1 or 2	1-2 small bottles. No aerosol spray cans.	
Watch	Must Bring	Must Bring	1	A watch with an alarm is a needed feature. You may have the opportunity to go off watches, but you will need one to develop routine.	



Notepad And Pen	Purchase Only	Available at NOLS C\$4	1	A small, lightweight pad is important for notes and keeping a journal.
Sunglass Retainers	Purchase Only	Available at NOLS C\$5	1	Chums® or Croakies® for keeping track of your glasses.
Glasses and Contact Lenses	Must Bring	Must Bring	1 or 2 pairs	Bring a spare pair.
Pocket Knife	Optional	Optional	1	<b>Optional.</b> A small knife is sufficient; simple knives are best.
Water Filter	Optional	Optional	1	<b>Optional.</b> NOLS supplies chlorine based chemical treatment for back-country water disinfecting. If you are sensitive to common methods of treatment, bring a water filter.
Insoles	Optional	Optional	1 pair	<b>Optional.</b> An after market insole such as Spenco Polysorb, Superfeet or Montrail Stabilizing Insoles can provide arch support, stabilize your foot and heel, add cushion and help volume adjustment.
Backpacker's Camp Chair	Purchase Only	Available at NOLS C\$35	1	<b>Optional.</b> Crazy Creek® and Therm-a-Rest® make lightweight collapsible chairs. Although some students would argue that this is an essential item, there are other options for sitting comfortably in the backcountry.
Book	Must Bring	Must Bring	1	<b>Optional.</b> A small paperback can be a worthwhile luxury item. We will also have a library on the expedition.
Vitamins	Must Bring	Must Bring		<b>Optional.</b> Although our ration system is designed to provide a variety of foods with adequate nutrition, a multivitamin gives you extra insurance.
Camera	Must Bring	Must Bring	1	Modern lightweight 35 mm cameras take good quality pictures that will be lifetime reminders of your adventures in the Yukon.

Our advice? While some extra items are definitely worth their weight, bringing all the optional gear would really be too much. Think hard and make choices that are most likely to increase the positive outcomes of your expedition.

Footwear					
Equipment	Rental Price	Purchase Price	Qty	Comments	Check List



Socks	Purchase Only	Available at NOLS C\$12-18	4-5 pairs	Heavy ragg wool or heavy wool/synthetic blend.
Liner Socks	Purchase Only	Available at NOLS C\$7-10	1 pair	<b>Optional.</b> Lightweight wool, polypropylene or Capilene® "wick dry" socks.
Gaiters	Purchase Only	Available at NOLS C\$60-80	1 pair	Must be knee high and durable. Outdoor Research, Black Diamond, Granite Gear, Rocky Mtn. High, Powder Line and Mountain Hardware all manufacture suitable gaiters.
Camp Shoes	Purchase Only	Available at NOLS C\$30-35	1 pair	Running, tennis, or cross-training athletic shoes, in good condition to wear in camp and on short excursions without your pack. We recommend you avoid expensive specialty shoes. Water resistant (closed toe) Holey Soles are available for purchase and are a functional and lightweight camp shoe option.
Neoprene Waterproof Socks	Purchase Only	Available at NOLS \$8-12	1 pair	<b>Optional.</b> Lightweight neoprene socks and/or waterproof socks such as DuPont Seal Skin. See river specific gear.
River Shoes	Must Bring	Must Bring	1 pair	A sturdy pair of close toe river shoes or neoprene booties (e.g. Cholla). Must fit with a pair of neoprene socks, and must attach well enough to your feet that they will stay on while swimming. An old pair of sneakers are also appropriate. Non-Velcro adjustments are recommended.
Rubber Boots	Purchase Only	Available at NOLS \$20	1 pair	<b>Optional.</b> Calf-high boots with substantial non-slip sole to wear with fleece or wool socks around camp. We recommend fitting these with insulating insoles (such as Dr. Scholl's.) Not an option as river footwear.

Our advice? Comfortable rubber boots and river shoes are worth the investment. If you are bringing sandals or booties and you have an old pair of sneakers, we recommend you bring both so your instructors can set you up best for your specific river. If you own any of the remaining river gear, bring it with you. As with other items, we recommend you rent from us to experiment with the gear and with canoeing before making any big purchases.

## GROUP EQUIPMENT

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

Group equipment is included as part of the course tuition; however, students will be charged for any lost or damaged



Tents & Shelters	Maps & Compass	Water Treatment
Camp Stoves	Reference Books	Pepper Spray (bear repellent)
Fuel and Fuel Bottles	Binoculars	
Cooking Gear	Ice Axes	
Equipment Repair Kits	First Aid Kits	
Trowels or Shovels	Fishing Equipment	



