



 NOLS Professional Training  
*Operation Purple*® Leadership Program

## EQUIPMENT LIST

### Rafting Expedition, August 11<sup>th</sup> – 19<sup>th</sup>, 2010

#### Welcome to NOLS!

We look forward to meeting you. We have designed this equipment checklist to help you decide what to bring on your course. **Please take the time to read the descriptions carefully.** The checklist on the far right side of the pages is designed to help you organize what to buy and bring with you and what to rent from us.

**We encourage you to use gear that you already own.** Bring a range of items to choose from and your instructors can help you decide which gear to select—that is what your instructors are there for! (For example: If you own several upper body layers but cannot decide whether two mid-weight tops or one mid-weight top plus an expedition weight fleece is the better choice, then bring them all and your instructors will guide you towards a good decision). **Note that your instructors will inspect any gear you may have brought with you to determine it's suitability for your course.** If an item is not appropriate, you can leave it with your baggage in storage lockers.

**If you do not have something we recommend renting from NOLS rather than purchasing expensive gear in advance.** On the list below if the 'Rental Price' column is grayed out, that item is NOT available for rent. If the 'Purchase Price' column is grayed out, that item is NOT available for purchase. **If you want any items for your course that are not available from NOLS for rent or purchase, be sure to bring them with you!**

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 at 800-710-6657 ext. 3 or visit our web site at [www.nolspro.edu](http://www.nolspro.edu).

**All rental prices cover the entire course and all prices are subject to change.**



Upper Body Layers						
Equipment	Qty	Rental Price	Purchase Price	Comments	Have	Need
Synthetic T-shirt	1		\$42	Synthetic fabrics dry quickly and can be considered an insulating layer.		
Mid-Weight Top	1		\$43	Light or mid-weight base layer made of polypropylene, Capilene, or ZeO2.		
Fleece/Insulated Jacket	1	\$7	\$59	Heavy long underwear top, Patagonia R2, lightweight fleece, thin wool sweater, lined softshell, Primaloft, or other synthetic-filled jacket.		
Fleece Vest	1	\$7	\$35–\$50	Optional. Fleece or synthetic-filled vest. An extra layer if you tend to get cold easily.		
Wind Shirt	1	\$7	\$55	A lightweight, breathable nylon wind shell is great for hard travel days and for keeping the bugs away. Not a required item but highly recommended.		
Sports Bra or Tank	1		\$36	Women should bring a synthetic sports bra, or a synthetic sports tank in place of a sports bra and t-shirt.		
Rain Jacket	1			A lightweight waterproof jacket with a hood. Coated nylon or breathable fabrics such as Gore-Tex are acceptable. Older/used Gore-Tex is ineffective in heavy rain.		

Lower Body Layers						
Equipment	Qty	Rental Price	Purchase Price	Comments	Have	Need
Mid-Weight Bottoms	1		\$38	Light or mid-weight long underwear bottoms made of polypropylene, Capilene, or ZeO2.		
Wind Pants	1	\$8	\$60	Breathable nylon wind pants roomy enough to fit over all lower body layers. NOLS makes some of the best wind pants available. We encourage renting or buying from us.		

Lower Body Layers (Continued)						
Equipment	Qty	Rental Price	Purchase Price	Comments	Have	Need
Underwear	2-3		\$20-\$32	We recommend that men just use a pair of nylon shorts with a liner. For women, a couple pairs of synthetic or silk underwear with a cotton liner works well. <i>A pair of synthetic boxers for men is an option though not necessary.</i>		
Nylon Shorts	1		\$45	Quick drying, loose fitting nylon athletic or river shorts. No cotton shorts please.		

Head, Neck & Hand Layers						
Equipment	Qty	Rental Price	Purchase Price	Comments	Have	Need
Warm Hat	1		\$30	Wool or fleece hat.		
Sun Hat	1		\$18	Baseball cap or visor with a brim works well.		
Sunglasses	1		\$40	Lenses should be dark and block all UV and infrared light.		
Sunglasses Retainer (i.e. Chums)	1		\$6	Chums or Croakies to keep track of your glasses.		
Wool or fleece gloves or mittens	1		\$8-\$28	Either choice is appropriate. Gloves offer more dexterity, whereas mittens provide more warmth.		

Footwear						
Equipment	Qty	Rental Price	Purchase Price	Comments	Have	Need
Wool or polypro socks	1-2		\$12	Wool or wool/synthetic blend hiking socks.		
Camp Shoes	1			1 pair lightweight running or cross training shoes in good condition. Avoid expensive shoes. Open-toed "river" or mountain sandals are not acceptable. "Crocs," which are lightweight, rubber, closed- toe shoes are acceptable.		



Packs & Bags						
Equipment	Qty	Rental Price	Purchase Price	Comments	Have	Need
Small Stuff Sack	2-3	\$.50	\$4	Optional. Used for organizing items in your pack. Mesh or nylon.		
Trash Bag	2-3		\$2	Compactor bags are sturdier than other garbage bags. For waterproofing gear.		
Zip-lock Bags	2-3			Optional. Durable quart size Ziploc bags can be handy.		

Sleeping Gear						
Equipment	Qty	Rental Price	Purchase Price	Comments	Have	Need
Sleeping Bag	1	\$26	\$200-\$250	We recommend synthetic-filled sleeping bags, which are durable and perform well in rainy weather. Down bags are insufficient for the wet conditions we encounter. A synthetic bag with approx. 3 pounds of fill rated to 15°F or 20°F and with 6-8" of loft is needed. Note: Sleeping bags are an essential piece of gear. Instructors will evaluate the bag you bring from home, for suitability.		
Compression Stuff Sack	1	\$2	\$25	A sleeping bag stuff sack with straps attached to compress contents.		
Closed cell foam Sleeping Pad	1	\$1.50	\$10	Full-length closed cell foam pad to insulate and pad between the ground and your sleeping bag. Therm-a-rest pads are acceptable. Please bring a patch kit if you bring a Therm-a-rest pad.		
Therm-a-Rest Sleeping Pad			\$85-\$115			
Sleeping Pad Stuff Sack	1	\$.50	\$4	Protects foam sleeping pads & Therm-a-rests if/when it is lashed to the outside of pack.		

Eating System						
Equipment	Qty	Rental Price	Purchase Price	Comments	Have	Need
Insulated Mug	1		\$12	NOLS carries 12 and 20 oz insulated mugs with lids. A wide mouth ½ liter Nalgene bottle is another good option.		
Bowl with Lid	1		\$7	We suggest a durable Lexan or Tupperware bowl with lid.		
Spoon	1		\$2	Lexan spoons are light and durable.		
Water Bottle	2		\$10	Wide mouth quart or liter size plastic bottles.		



River Gear						
Equipment	Qty	Rental Price	Purchase Price	Comments	Have	Need
Dry Bags	2	\$12	\$20–\$60	One large, expedition- sized dry bag with backpack straps, and one small dry bag. For keeping your gear dry on the river section. These are specialized items that you should consider renting from NOLS rather than purchasing ahead of time.		
River Sandals or River Shoes	1			Sandals should be sturdy with good ankle straps and durable soles. Velcro closures tend to fail in constantly wet and sandy conditions. Therefore, we recommend Teva Guide Sandals, Chacos, or other models with buckle fasteners. Others prefer to wear old running shoes, which are acceptable provided they can withstand repeated dunking.		
Cotton Pants & Long Sleeve Shirt	1of each			Optional. Lightweight cotton provides sun protection and comfort around camp on the river section.		

Miscellaneous Items						
Equipment	Qty	Rental Price	Purchase Price	Comments	Have	Need
Lip Balm	1		\$2	Must have SPF 15 or greater.		
Sunscreen	1–2		\$9	Small bottle of SPF 30 recommended. <i>We suggest sunscreen with Zinc or Titanium Oxide.</i>		
Bandanna	1–2		\$3.50	Handy for cleaning glasses or protecting your ears/neck.		
Headlamp w/ batteries	1		\$30	Durable and lightweight.		
Extra Batteries	1 set		\$5	Bring 1 spare set for your headlamp.		
Notebook & Pen	1		\$1–\$8	A small, lightweight notepad is ideal.		
Watch w/Alarm	1			A waterproof watch.		
Toiletries	1			Keep to a minimum. Prescription medications, toothbrush, small tube of toothpaste, floss, tampons or pads, comb, small bottle unscented skin lotion. NO deodorant or shampoo will be used on course, but it is okay to bring small containers for post-course shower.		



Miscellaneous Items (Continued)						
Equipment	Qty	Rental Price	Purchase Price	Comments	Have	Need
Hand Sanitizer	1			Optional. Soap and hand sanitizer provided for group use - if you would like your own bottle please bring small travel size.		
Insect Repellant	1		\$5	Small bottle. No aerosol spray cans.		
Glasses or Contacts (plus spare)				If you wear glasses or contact lenses you need to bring a back-up pair of glasses. (Prescription sunglasses can act as a spare pair).		
Dental Devices				Hard protective case recommended. Consider bringing an extra if loss/damage would be detrimental to your teeth.		
Camera	1			Optional. A small padded case is highly recommended.		
Book	1			Optional. A small paperback		
Trekking Poles			\$100	Optional. If you like to use poles for hiking. These should telescope for easy packing.		
Camp Chair	1			Optional. Lightweight "Crazy Creek" style. If your pack becomes too heavy, your instructors may not allow you to take this.		
Prescription Medications				<b>IMPORTANT:</b> Please be sure you have enough for your entire course and travel days.		
Vitamins				Optional. A small quantity of multi-vitamins is popular among students and staff to supplement rations.		
Water Treatment System	1			Optional. NOLS supplies Potable Aqua tablets (hydroperiodide) or Aqua Mira for backcountry water purification. However, if you are sensitive to iodine or chlorine you may need to bring your own water filter such as the PUR Scout or Hiker, or the SWEETWATER guardian.		

