

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.

Equipment selection and care is an essential wilderness skill. There is a bewildering variety of equipment on today's market. NOLS provides an Outfitting Department for our students for this reason. This is a full-service retail store and rental facility for outdoor equipment and clothing. We have expert staff with over 40 years experience, who can completely outfit you for your expedition needs. The products that we carry have been selected and field-tested on NOLS courses. Gear rental will provide you with an opportunity to test the gear you use, allowing you to make well-informed purchases. We carry such brand names as Mountain Hardwear, Patagonia, Lowe Alpine, Petzl, Vasque and MSR.

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 behind. You can also rent or purchase equipment from NOLS.

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 ***and return it to the WFAP with your other paperwork by November 13, 2009.*** All items on the list are required unless "OPTIONAL" appears in the comments box.

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 rental prices are per course and **all prices are subject to change.**

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

Backpack					
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.	
Small Stuff Sacks (Ditty Bags)	\$1	\$4.00	2 or 3	Small nylon or net bags for organizing items in your pack. OPTIONAL	
Plastic Trash Bags	Purchase Only	\$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.	
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	\$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.	
Compression Stuff Sack	\$4	\$49.95	1	A sleeping bag stuff sack with straps attached to compress contents.	
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 ®.	
Sleeping Pad Stuff Sack	\$1	\$15	1	A heavy-duty, cylindrical nylon storage bag to protect your sleeping pad/Therm-A-Rest ®.	
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.					

Upper Body Layers					
<p>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 3 ½ - 4 insulating layers. (a light polypro or a vest = 1/2 layer).</p> <p>Our suggested combination:</p> <ul style="list-style-type: none"> 1 poly pro t-shirt, lightweight (1/2 layer) 1 mid-weight shirt (1 layer) 1 expedition weight shirt (1 layer) 1 fleece/puffy jacket (1 layer) 1 fleece vest (1/2 layer, optional) 					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
T-Shirt	Purchase Only	\$28-\$35	1	A lightweight polyester/Capilene/wool T-shirt	
Base Layer (Mid-Weight Poly Pro)	Purchase Only	\$40-\$60	1	Mid-weight underwear top made of wool, polypropylene, Capilene® or ZeO2™	
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.	

Vest	Must Bring	Must Bring	1	Fleece, synthetic fill or wool – OPTIONAL
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.
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.
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.
Wool or Pile Hat/ balaclava	\$1	\$15-\$20	1	To keep you warm at night or cool daytime conditions.
Sports Bra	Purchase Only	\$18-\$32	1-2	Synthetic material, no cotton. OPTIONAL
Gloves	Purchase Only	\$15-\$30	1	Wool or synthetic (fleece).

Lower Body Layers

Should consist of a durable wind layer, one pair of poly pro bottoms, a pair of fleece pants, and a pair of shorts.

Equipment	Rental Price	Purchase Price	Quantity	Comments
Women: Underwear Men: Boxers	Must Bring	Must Bring	3-5	Capilene ® or nylon w/ cotton crotch underwear is recommended. Men may prefer boxer shorts.
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.
Base Layer	Purchase Only	\$30-\$45	1 pair	Light to mid-weight long bottoms of high performance polyester, polypropylene, ZeO2, Capilene ® or Coolmax.
Fleece pants	\$5	\$60	1 pair	Light weight.
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.
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.

Footwear

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.	
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 2 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.	
Gaiters	Purchase Only	\$40-\$45	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.	
Camp Shoes	Must Bring	Must Bring	1 pair	Sneakers work best. Must be closed toed shoes, no sandals.	

RECOMMENDED BOOTS: Medium-weight, off-trail backpacking/light mountaineering boots work best. This type of backpacking boot is constructed with a full grain leather upper and typically has a Vibram® rubber sole. Some models utilize an injection molded, composite rubber sole with a randed welt to bond the leather upper to the sole. Both types of sole are acceptable. These boots are designed for extended backpacking, provide good support for off-trail hiking with heavy packs, and usually require less break-in time than heavyweight mountaineering boots.

The following lists are not exhaustive and are to be used as suggestions only. *Wildland firefighters with extensive field experience in government issued boots are welcomed to wear their field boots.* The boots listed here should help define what boots are acceptable for

your course. It is fine to substitute a similar boot for one of the types listed here provided the boot that you bring is a good quality leather boot designed for extended backpacking expeditions with heavy packs.

EXAMPLES OF ACCEPTABLE BOOTS

Alico Yoho or Cortina
 Asolo 520, 535, Mt. Trail, or Mt. Hike
 Boreal Bulnes
 Garmont Dakota or Bronco plus
 LaSportiva Aurora, Pioneer TCY, or TRK
 Limmer Mountain
 Lowa Scout
 North Face Trek Leather GTX
 Merrell Wilderness

Montrail Moraine AT
 Raichle Mt. Extreme, Mt. Peak
 Salomon STL8, X ADV-7
 Scarpa SLM3
 Tecnica Sigma GTX, Delta GTX, Stratos, Shasta
 GTX, or Pioneer TCY
 Vasque Sojourn

Miscellaneous Items					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Eating Utensils					
Insulated Mug	Purchase Only	\$3.50-\$4	1	12 oz. or 20 oz . insulated mugs with lids are preferred. OPTIONAL. (May use 2 nd H2O bottle as mug)	
Bowl	Purchase Only	\$4	1	A bowl with a snap-on lid or screw top are 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.	
Sunglasses	Purchase Only	\$40-\$160	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.	
Sunglass Retainers	Purchase Only	\$5	1	OPTIONAL. Chums® or Croakies® for keeping track of your glasses or sunglasses. Available with NOLS logo.	
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.	
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. Bring spare batteries.	
Disposable Lighters	Purchase Only	\$1.50	1	They are used to light your camp stoves.	
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	
Notepad and Pencil	Purchase Only	\$10	1	A small, lightweight pad is fine.	
Watch	Must Bring	Must Bring	1	Water –resistant. An alarm and a light feature are helpful	
Bandanna	Purchase only	\$2	2-3	Useful for a variety of purposes, especially sun shade around neck.	
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.	
Hand Sanitizer	Must Bring	Must Bring	1	Soap and hand sanitizer provided for group use - if you would like your own bottle please bring small travel size.	

Additional Optional Items

You do not need to bring these items for your course, but if you already own them or would like to bring some of these items you are welcome to see if they are appropriate to include after packing all of the needed course items. Your instructors will assess if what you bring in this category is appropriate for your course. Avoid heavy or bulky items.

Equipment	Purchase Price	Quantity	Comments	Check List
Camera and Film	Must Bring	1	Lightweight, 35 mm or digital compact cameras are sufficient; bring a protective case. No heavy lenses and elaborate set-ups.	
Ear Plugs	Must Bring	1	Ear plugs can be great for sharing tents with loud sleepers.	
Pocket Knife	\$20-\$45	1	Good for all sorts of uses.	
Water Treatment	Must Bring	1	NOLS supplies Aqua Mira for backcountry water purification. If you are sensitive to chlorine bring your water filter such as the PUR Scout or Hiker, or the SWEETWATER Guardian.	
Coffee	Must Bring	1	Bring if you enjoy specialty coffee for yourself in the morning. Coffee is not in the NOLS ration.	
Vitamins	Must Bring	1	A multiple vitamin to supplement the diet is preferred by some.	
Therma Lounger / Crazy Creek	\$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	\$65-\$75	1	Highly recommended if you like to use a ski pole while you hike. A sturdy 2-3 section pole for ease of pack ability. We sell the Black Diamond Trail Back and Leki Eagle.	
Reading Book	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.

Wildfire Leadership Training Expedition (L-380) Personal Equipment Request Form

Since we will meet off site, all personal gear to be bought or rented from NOLS must be requested ahead of time. Instructors will bring the gear with them to the beginning of your course. **You must fill out this sheet and return it to WFAP by November 13th, 2009 in order to have items supplied to you.**

Name: _____

Height: _____ Weight: _____ Hips: _____ Waist: _____ Inseam: _____ Shoe size: _____

Item	Qty.	Size (S.M.L..XL)	Item	Qty.
UPPER BODY			FOOTWEAR	
Mid weight Polypro*	_____	_____	Wool Socks (pr.)*	_____
Fleece Pullover	_____	_____	Liner Socks*	_____
Fleece Jacket	_____	_____	Gaiters*	_____
Wind Shirt	_____	_____		_____
Rain Parka*	_____	_____	MISCELLANEOUS	
NOLS T-Shirt*	_____	_____	NOLS mug- 20 oz*	_____
Sports Bra*	_____	_____	Bowl*	_____
Baseball Cap*	_____	_____	Spoon*	_____
Wool Hat	_____	_____	Water Bottle*	_____
Gloves*	_____	_____	Lip Balm*	_____
			Sunscreen*	_____
LOWER BODY			Sunglasses*	_____
Polypro Bottoms*	_____	_____	Bandannas*	_____
Fleece Pants	_____	_____	Sunglass Retainers*	_____
Wind Pants	_____	_____	Headlamp*	_____
Nylon Shorts*	_____	_____	Batteries AA*	_____
			Batteries AAA*	_____
BAGS			Watch*	_____
Backpack	_____	_____	Notebook*	_____
Compression Stuff Sack	_____	_____	Disposable lighter*	_____
Sleeping Pad Stuff Sack	_____	_____		
Small Stuff Sack	_____	_____	ADDITIONAL OPT. ITEMS	
Trash Bag*	_____	_____	Crazy Creek Chair*	_____
			Pocket Knife*	_____
SLEEPING GEAR			Trekking Poles*	_____
Sleeping Bag	_____	_____		
Sleeping Pad	_____	_____		
Ground Cloth	_____	_____		

*Indicates item is purchase only

**PLEASE RETURN COMPLETED FORM TO:
WFAP**