

Equipment List

Johnson School Leadership Expedition

Careful equipment selection is essential for your overall health and comfort. Your thoroughness in this process will have a very direct impact on you and your expedition as a whole. Before selecting what to bring, buy, or borrow from a friend, it is important that you review the equipment list carefully. Students often find they have spent unnecessary money for new gear that is unsuitable for the conditions they will encounter on course.

If you already own an item and are undecided between two options to meet a particular equipment need, consider bringing both items to Patagonia. Prior to departure from NOLS Patagonia, you and your instructors will work together to determine the best strategy. In advance of the course, NOLS Professional Training in Lander will also be able to answer some of your equipment questions and to help you determine whether a particular item will be suitable.

If you are purchasing new items for your NOLS course, we suggest that you begin by visiting your local shops, (see the list of NOLS preferred retailers at <http://www.nols.edu/about/partnerships/retailers/>), and looking through mail order catalogues (Mt. Equipment Co-op, Eastern Mountain Sports, REI, etc.) and outdoor magazines (*Backpacker*, *Outside*, *Climbing*) for an approximate gauge of price range and varieties available. A look at advertisements should help you locate a backpacking specialty store near you, or you may wish to mail order your equipment. We do not recommend purchasing footwear via mail order. NOLS has an online store (<http://www.nols.edu/store>) if you wish to purchase items like: mugs, caps, etc. prior to your arrival at NOLS Patagonia. **There will be no opportunity to obtain equipment marked “Not Available from NOLS” on the following list once you arrive at NOLS Patagonia.**

If you have any questions, please do not hesitate to contact NOLS Professional Training by email, nolspro@nols.edu, or phone, 800-710-NOLS ext. 2720, 8:00 a.m. to 5:00 p.m. mountain time, Monday through Friday.

Equipment Bill Payment

Your equipment charges will vary according to how many items you obtain from NOLS, and will be totaled at the end of the course and then billed to your home. **Loss and damage costs will be charged to the individual or group, depending on the situation.**

Luggage Storage

NOLS Patagonia has storage space: Items not needed for the expedition should fit in a moderate sized bag, which you may store at our base at your own risk.

Please study this section carefully. It cannot be emphasized too strongly that your choice of personal gear could be crucial to the success of the expedition. You will need to obtain most of the items on this list prior to your course. The availability of each item is indicated as follows.

Purchase Only - Indicates that the item is available from NOLS, but for **PURCHASE ONLY**.

Purchase price listed is for new gear; used gear will be discounted proportionally according to amount of wear.

Not Available from NOLS – Indicates that the item is **NOT AVAILABLE** from NOLS. You must bring these items.

Rent – Indicates that the item is available for **RENT** from NOLS Patagonia.

ALL PRICES ARE SUBJECT TO CHANGE AND AVAILABILITY



NOLS Professional Training
284 Lincoln Street, Lander, WY 82520
(800) 710-6657 ext. 2720

CMLE 1/5/15 (amt.el.14)
Equipment List, Page 1 of 8

Footwear					
It is important for your enjoyment and success that footwear fits and performs well. Part of the course will be spent in wet, muddy river valleys or perhaps on snow and ice in cold temperatures. Keep this in mind when reviewing this list.					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Wool Socks	Purchase Only	\$14	4 Pairs	Required. Heavy wool or synthetic socks.	
Gaiters	Purchase Only	\$75	1 Pair	Required. Must be just below knee-high and need to be large enough to fit over bulky leather or plastic mountaineering boots. We recommend a sturdy nylon zipper, velcro, or non-zippered type. These take a lot of abuse so they must be durable. NOLS Patagonia has O.R. Crocodile gaiters available for sale.	
Camp Shoes	Purchase Only	\$40	1 Pair	Required. For wear around camp and in town. These get a lot of wear but are rarely used for hiking, so a very light running shoe or sneaker is recommended. Opened-toed shoes are not acceptable. Students and Instructors have suggested CROCS without holes as a good camp shoe, easier to dry and lighter to carry than sneakers. We suggest to bring your own as our inventory is limited.	
Bulky Leather Hiking Boots	Not available from NOLS	Not available from NOLS	1 Pair	Required. Leather boots are not available at NOLS Patagonia, so you must bring your own. They should fit comfortably with two pairs of wool or synthetic socks.	

Clothing					
The use of clothing systems to stay healthy and comfortable in adverse conditions is a fundamental aspect of the NOLS curriculum. Your primary tool is judgment, not technology. The newest fabrics and materials simply increase the level of comfort and performance. Synthetics are recommended because they are lightweight and will dry more quickly but wool is also an option. Select for function and durability, and remember you'll be wearing these clothes for 10 days straight, so choose something you'll be happy wearing. Minimizing weight is a high priority on any expedition. Whenever possible, choose equipment that fills multiple needs and enables another item to be left behind. If you are purchasing equipment, scrutinize product information and select the lightest possible combinations offering reliable quality.					
Lower Body Layers					
You will need to have a total of 2-3 insulating lower body layers . Shorts and rain pants would be in addition to this.					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Hiking Shorts or Pants	Purchase Only	\$110	1	Optional. Nylon shorts with a liner are lightweight and dry quickly. We do not carry hiking shorts Non-cotton quick drying synthetic hiking pants that do not restrict movement.	
Mid-weight Long Underwear Bottoms	Purchase Only	\$42-50	1-2 pairs	Required. These should be mid- weight synthetic. Cotton and cotton blends are not acceptable.	



Underwear	Purchase Only	\$22-36	2-3	Optional. You will need 2-3 pairs while in the field. You might have one for wearing, one for drying, and one for rotation. Synthetic undies are preferable though women may consider cotton for hygiene purposes.	
Fleece pants	\$8	Rent	1 pair	Optional, if using 2 pairs of long underwear. These should fit comfortably over a light layer of underwear. Bibs or shelled fleece are acceptable but unnecessarily heavy. A full-length zipper is convenient for changing layers without removing boots.	
Wind Pants	Purchase Only	\$70	1	Recommended. Trekking pants or breathable single layer nylon wind pants (not waterproof), should fit comfortably over fleece pants. Patches to reinforce the knees and seat are strongly recommended. Wind pants designed and made especially for NOLS are available at NOLS Patagonia and through the NOLS online store.	
Rain Pants	Purchase Only	\$95-110	1 pair	Required. A light, strong roomy pant works best in mountain travel. A full-length zipper is very convenient. NOLS has light, non-zippered rain pants by Patagonia and Mountain Hardwear for sale.	

Upper Body Layers

You will need **3-4 insulating garments that can be comfortably layered**. Most instructors will recommend a system of one long sleeve lightweight base layer and 2.5 to 3.5 insulating layers that can be intermixed, in addition to a rain layer. You should bring a variety of weights and insulating values to mix and match as conditions vary. **Cotton garments will not work for insulating layers!** Note that some items are considered a half-layer. **Example system 1:** One lightweight short or long sleeve, one mid-weight long sleeve, and one expedition weight long sleeve, one fleece vest, one fleece jacket or synthetic insulated jacket. **Example System 2:** One lightweight long sleeve, mid-weight long sleeve, expedition weight long sleeve, one fleece jacket or synthetic insulated jacket.

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Sports Bra	Purchase Only	\$43-55	1-2	Two are recommended. NOLS Patagonia has sports bras from Patagonia and Brooks for sale.	
Base Layer Light- and Mid-weight top(s)	Purchase only	\$42-72	1-2	Required. Synthetic layers are best for expedition needs. At least one of these layers should be lightweight (short sleeve is fine) for hiking in warm conditions. Additional shirts (1 or 2) should be mid- or expedition-weight. A zippered turtleneck increases warmth and offers some protection against the sun. Short sleeve, silk-weight or very lightweight synthetic or wool tops are considered a half layer.	
Fleece Vest	\$5	Rent	1	Optional. This is considered a half layer . Great for cool days on and off the trail.	



Expedition-Weight Pullover	Purchase only	\$85-165	1	Recommended. Heavier than a mid-weight synthetic or wool top, but lighter than a pile jacket. Many students find this to be their most versatile layer. NOLS Patagonia has Mountain Hardware expedition-weight zip-T's, Patagonia expedition weight and R1 Hoodies for sale.	
Fleece Jacket	\$7	Rent	1	Optional if already owns one of the top layers mentioned before, otherwise required. Unbeatable warmth-to-weight ratio, but bulky. A variety of weights and styles are on the market. Closeable cuffs, draw cords at waist and hem, and a high snug collar are features that increase warmth without adding significant weight.	
Synthetic Insulated Jacket	Purchase only	\$160-215	1	Required. An insulated jacket that is lightweight, such as the Mountain Hardware Compressor or the Patagonia Puffball or DAS parka make good third layers. This jacket should fit over your other layers and under your rain jacket and can replace a fleece jacket. NOLS Patagonia has Mountain Hardware and Montbell hooded jackets with the NOLS logo for sale.	
Rain Jacket	Purchase only	\$110-\$220	1	Required. A light, durable and roomy garment for mountain travel. Ponchos are NOT acceptable designs. This garment should be fully waterproof and have a hood. NOLS Patagonia has light rain shells by Patagonia and Mountain Hardware for sale. Your rain parka should be big enough to fit over all your layers.	

Hands					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Liner Gloves	Purchase Only	\$25	1 pair	While not required, liner gloves are highly recommended and versatile.	
Insulating Mittens/Gloves	Purchase Only	\$18	1 pair	Required. Insulating, wool, or synthetic. They can be combined with the liner gloves. NOLS has fleece gloves for sale	

Head					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Wool/Fleece Hat	Purchase Only	\$20 - \$30	1	Required. A ski hat is fine.	
Balaclava/Neck Warmer	\$5	Rent	1	Optional. Fleece, polypropylene, or wool to provide protection and insulation in combination with your hat.	
Sun hat	Purchase Only	\$12-15	1	Required. Consider a full brim for maximum protection. A typical baseball cap is acceptable, but a nylon model will dry more quickly. NOLS caps are available for purchase.	



Sunglasses	Purchase Only	\$45	1	Required. The drugstore counter varieties are likely unsuitable, so head for your local outdoor store. Please bring a durable case to protect your glasses as well as Chums or another retainer. NOLS Patagonia has Optic Nerve and Julbo sunglasses for sale	
------------	---------------	------	---	---	--

Sleeping Gear					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Sleeping Bag	\$45	Rent	1	Required. NOLS Patagonia has the Mountain Hardwear Lamina 0° (-18°C) for rent. If you are bringing your own, it must be synthetic fill (e.g., Polarguard), 0°F to 15°F, with a hood. Down is not acceptable, nor are bags with cotton linings.	
Sleeping Pad	\$15	\$18-\$49.50	1	Required. Choose either a closed cell foam pad with a 3/8" thickness, or an inflatable. If you are buying an inflatable, choose a lightweight model of the shortest possible length (does not need to be full length as the half pad can make up the difference). Therm-a-Rest, Pacific Outdoor, and Bridge Outdoors are reliable brands. NOLS Patagonia has full length and ¾ length pads from Bridge Outdoors for sale.	
Half pad	\$2	Rent	1	Recommended. A half-pad increases insulation, while on snow, and serves as a portable seat for meetings. The foam pad can be a short-cut piece of ensolite, 2-3 ft. long. This option is lighter than a Crazy Creek chair.	
Compression Stuff Sack	\$4	Rent	1	Required. This is to pack your sleeping bag and clothing layers that you will not need to access during the day.	
Sleeping Pad Stuff Sack	Not Available from NOLS	Not Available from NOLS	1	A nylon sack to protect the environment from your ensolite/Therm-a-Rest and vice versa.	



Packs And Bags					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Backpack	\$40	Rent	1	Required. Many packs on the market are not large enough to handle the amount of gear we carry or to withstand the use we give them. Your pack must have enough room to comfortably hold 60 to 70 pounds of equipment (7000 cubic inches), and must be an internal frame design. Reliable brands include Dana Design, Deuter, Osprey, and Lowe Alpine. If you bring your own pack, it will have to be approved before use on the course. If you do not own a pack, consider renting one from NOLS. NOLS has Dana Design (Small and Medium), Osprey (XS, S/M, and L/XL) and Deuter packs (Regular and Large) for rent in Patagonia and available for purchase through the NOLS website	
Small Nylon Stuff Sacks	\$1	Rent	3	Recommended. Used to organize gear in your pack.	
Medium Nylon Bag	\$4	Rent	1	Required. A medium-sized, very lightweight zip bag or stuff sack helps to organize and protect clothing in your backpack.	
Heavy Duty Trash Bags	Purchase Only	\$1.50	3-4	Required. The large, strong trash compactor variety work best. These are used to waterproof your clothing and sleeping bag. The Chilean stores don't stock strong compactor bags in small or regular sizes. We suggest you bring some from home.	

Miscellaneous Personal Gear					
Important: Keep in mind that small items as sunscreen, lip balm, bandanas, watch, trash bags could be cheaper and easier to buy in at home than in Chile. Coyhaique is a small remote town with limited availability of everything where all prices tend to increase due to the costs of shipping and taxes.					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Cotton Bandanas	Purchase Only	\$2.50	2-3	Useful for all sorts of things.	
Hand Sanitizer	Purchase Only	\$2	1	Recommended. One travel-sized bottle is required for your course. You can choose to bring your own or purchase at NOLS Patagonia.	
Headlamp & Batteries	Purchase Only	\$40 (batteries \$.75 each)	1	Required. Lightweight is preferable. Bring 2 sets of batteries. NOLS Patagonia recommends Petzl and Black Diamond headlamps.	
1 Small Notepad/ 2 Pens or Pencils	Purchase Only	\$\$3-\$9/ \$1		Required. Notebooks will be required for class notes and are nice to have for personal writing. NOLS Patagonia has Expedition journals for sale.	
Sunscreen	Purchase Only	\$13	1 medium tube	Required. Should have a sun protection factor (SPF) of at least 30 and should be water repellent.	
Lip Balm	Purchase Only	\$3.50 - \$7	1	Required. SPF 15 or greater. Carmex is not suitable as it has no sunscreen.	



Toiletry Items	Not Available from NOLS	Not Available from NOLS		Toothbrush, toothpaste, contact lens solution, comb, tampons, etc. This is an area to minimize weight by bringing only what you need: no more, no less. Remember, you've got to carry it!	
Insulated Mug	Not Available from NOLS	Not Available from NOLS	1	Recommended. Make sure that these are unbreakable! They must withstand boiling water, cold and abuse. Your mug should be at least 12 oz.	
Spoon	Purchase Only	\$1	1	Required This must be durable – helps if it fits inside of your bowl.	
Bowl	Purchase Only	\$4-\$6	1	Required We highly recommend that your bowl have a tight lid to carry leftovers on the trail. Tupperware is a good option and Rubbermaid makes the “Flex & Seal” medium sized bowl, which has proven to be another good option. The Chilean market doesn’t offer any model of bowl that is sturdy enough for a NOLS course. We recommend you bring a bowl from home.	
Water Bottle	Purchase Only	\$16-\$22	1-2	Required. Wide mouth is convenient. 1 L capacity minimum. Should be indestructible! Consider bringing an additional 1/2 L bottle instead of a mug. NOLS Patagonia has 16oz. water bottles for sale.	
Hydration System	Purchase Only	\$42	1	Not required, but many folks have recommended them. NOLS carries MSR 2L Hydromedary.	
Watch	Not Available from NOLS	Not Available from NOLS	1	Required. Waterproof, with an alarm. Bring your own watch or buy in your travels before the start of the course!	
Lighter	Purchase Only	\$2.50	1	Required For starting stoves and fires.	
Small Waterproof Bags	Not Available from NOLS	Not Available from NOLS	2-3	Recommended. For books, passport, papers etc. Nothing bigger than 8" X 12". Zip-lock bags are good options.	
Extra Glasses or Contacts	Not Available from NOLS	Not Available from NOLS		Required. If you wear prescription lenses, bring a spare set. Purchase all contact solution before you arrive. If your natural vision is significantly limited, bring prescription sunglasses or glacier glasses or very high quality ski goggles to fit over your glasses. We recommend keeping your glasses safe in your carry-on luggage during your travel to Patagonia.	

Optional Items					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Trekking Poles	Purchase Only	\$120	1	They are not required but recommended. Collapsible poles are easier to pack and carry, especially when bushwhacking.	



Camera	Not Available from NOLS	Not Available from NOLS	1	You will want a protective, waterproof container for your camera. Keep this light, simple and small, as you will have to carry the extra weight! Dry boxes and dry bags (e.g. Pelican Cases or Sportsbags) are available from most outdoor stores. If you are investing in a new camera for this trip, consider those that are waterproof. Because of the likelihood of adverse weather, avid photographers may be interested in bringing a small “point and shoot.”	
Knife	Not Available from NOLS	Not Available from NOLS	1	A very small, lightweight, single blade is all you will need. A knife with a locking system is recommended, to prevent the knife from opening accidentally.	
Coffee	Not Available from NOLS	Not Available from NOLS		NOLS does not have coffee available for sale. If you are attached to drinking coffee on your course, we suggest you bring it from home.	
Ear Plugs	Must Bring	Must Bring	1 pair	These are great for traveling, and for sharing tents with loud sleepers.	

For Pre-Course And Post-Course Travel					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Small Towel, shampoo, soap, deodorant				Only for pre and post-course use. Travel-size.	
English/ Spanish Pocket Dictionary and Phrase Book				Optional, but a small, travel edition can be helpful throughout the course unless you are fluent in Spanish. Plastic bindings are best.	

Group Gear

Group gear is distributed among all expedition members. The specific equipment taken on your course will be determined by the anticipated weather and terrain and the number of group members. **All of this equipment is provided by NOLS and is included in your tuition; it is NOT a part of your personal rental fee.**

- Multi Fuel Stove and Cook Gear
- Food Bags
- Fuel Bottles
- Repair Kits
- Maps and compasses
- Shovels

First Aid Kits: Our instructors bring a first aid and drug kit, so no need to bring your own.

The expedition format of the course emphasizes the importance of equipment care: The success of your expedition is highly dependent on the performance of your gear which in turn depends on the care that YOU give it!

Gear maintenance and repair will be ongoing. Normal wear and tear is expected, and most repairs can be successfully executed in the field. However, students will be held financially responsible for the loss of any items and for any damage that is due to mistreatment or neglect. This could be as small as a lost \$ 6.00 cook spoon or as large as a poorly treated \$700 tent. At the end of the course, a group gear “damage and loss” charge will be calculated and distributed among the appropriate members of the course, if there is mistreatment or neglect. Individuals or groups of individuals will be held fully accountable if they alone bear the responsibility for the loss or damage.

