

E Q U I P M E N T L I S T

Yukon Backpacking

Welcome to NOLS!

We look forward to having you with us. 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. 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 items.

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 baggage in our storage lockers. You may be asked to rent or purchase gear from our outfitting department to round out what you brought with you.

If you wish to buy gear before your course, consider our preferred retailers. Preferred retailers are retail stores that maintain close ties to NOLS. The staff at these stores are familiar with the equipment needs you are likely to have for a NOLS course. Please ask the Admission Office about Preferred Retailers in your area or visit our web site at www.nols.edu.

NOLS outfitting departments are capable of providing the majority of the equipment needed for your course. To cover the cost of equipment rental, an equipment deposit fee is required in addition to course tuition. The fee reflects the average amount students incur on the given course type. The final equipment cost will vary according to how much gear you rent and/or purchase, and if there are any charges for lost or damaged gear. 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. A cautionary note: additional gear purchases may raise the total outfitting bill well above the rental deposit amount. You will be billed for any charges that exceed your equipment deposit fee. Likewise, you will be refunded any unused balance. Your bill or refund will be mailed within 2-4 weeks of the end of 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.
- Must Bring - Indicates that the item is NOT AVAILABLE from NOLS.

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 the NOLS admission office at 800-710-NOLS or visit our web site at <http://www.nols.edu>.



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 one t-shirt, cotton and cotton blends are unacceptable as cotton offers poor insulation when wet.

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Under Layer (Mid-Weight Poly Pro)	Purchase Only	\$25-\$35	1	Mid-weight underwear top made of wool, polypropylene, Capilene® or ZeO2™. Zip turtleneck styles are a good choice for comfort and the ability to vent.	
Fleece or Wool Sweater, or Heavy Wool Shirt	\$16	\$55	1	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 polypropylene, polyester fleece pullover of Polartec® 100 or 200, or a wool sweater are all appropriate.	
Top Layer (Fleece Jacket)	\$18	\$57	1	Heavyweight, full-length zip fleece jacket of Polartec® 300 or equivalent weight. This must fit comfortably over your other insulating layers.	
Fleece Vest	Must Bring	Must Bring	1	Optional. A polyester fleece vest of Polartec® 200 or a synthetic filled vest. A vest is an additional layer if you tend to be cold. It should not be substituted for any of your 3 insulating layers.	
Wind Shirt / Anorak	\$16	\$52	1	A lightweight, breathable, durable nylon wind shell in either pullover or parka style that fits comfortably over all of your insulating layers. We strongly recommend a hooded style. Gore-tex® versions are fine. Lightweight nylon exercise jackets usually are not sturdy enough to survive a NOLS course.	
Rain Parka	Must Bring	Must Bring	1	A sturdy, roomy waterproof jacket with a hood. Both coated nylon and breathable fabrics such as Gore-Tex® are acceptable. Older Gore-Tex® is generally not effective in heavy rains. A parka that comes down to or below your knees is a great option and may eliminate the need for rain pants. A cagoule, essentially a shin length pullover rain parka, is another great option.	
Bug Shirt	\$18	\$40	1	Optional. A bug shirt is a combination of cotton and mesh fabric that keeps your upper body, head and face protected from mosquitos. These are recommended for late June and July courses.	
T-Shirt	Purchase Only	\$17	1	A cotton or lightweight polyester/Capilene T-shirt.	

Our Advice? Bring the fleece jackets and polypro you think might work. We'll advise you on the best combination for your course, the season and area.

Lower Body Layers

You will need 2 synthetic insulating layers plus a wind layer. Most students are comfortable with a midweight 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	Quantity	Comments	Check List
Primary Layer (Mid-Weight Poly Pro)	Purchase Only	\$27	1 pair	Mid-weight bottoms of high performance polyester, polypropylene, ZeO2 or Capilene®. Cotton and cotton blends are not acceptable.	
Second Layer (Exp.-Weight Poly Pro)	Purchase Only	\$34	1 pair	Expedition weight bottoms that fit comfortably over the under layer bottoms.	
Fleece Pants	\$14	\$65	1 pair	Optional. Polartec® 200 or equivalent. Side zippers (full length, or knee high) make it easier to put pants on over hiking boots. Bring these as your second bottom layer if you tend to get cold.	
Wind Pants	\$16	\$54	1 pair	Breathable nylon wind pants that are roomy enough to fit over all lower body garments. Gore-Tex® wind pants are acceptable and can double as rain pants. Zippered legs will help you slip your pants on over hiking 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. They are frequently the one item students will purchase after their course.	
Rain Pants (Not with Cagoule)	Must Bring	Must Bring	1 pair	Optional. Sturdy, roomy waterproof pants made of coated nylon or Gore-Tex®. If your rain jacket is less than knee length, you might consider bringing rain pants as well.	
Nylon Shorts	Must Bring	Must Bring	1 or 2 pairs	Loose-fitting nylon athletic shorts.	
Briefs/Sports Bras	Must Bring	Must Bring	1-4 pair	Optional. 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 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.

Head, Neck and Hands Layers

Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Baseball Cap or Felt Hat	Purchase Only	\$14	1	To protect ears and face from the sun. Baseball caps are available for sale.	
Wool or Fleece Hat	\$4	\$20	1	A warm hat made of wool or fleece. If you are using a hat instead of a balaclava, we recommend that you bring a fleece neck gaiter for extra insulation.	
Balaclava	\$4	\$16	1	Optional. 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 Gaiter	Must Bring	Must Bring	1	Optional. Wool (at least 75%) or fleece neck gaiters. A wool or synthetic scarf will work as well.	
Mosquito Headnet	\$2	\$9	1	A light, nylon headnet with a drawstring at the neck. A high quality weave is worth its weight in gold.	
Wool or Fleece Gloves	Purchase Only	\$7	1 pair	Ragg wool or synthetic (fleece).	
Wool or Fleece Mittens	\$4	\$9	1 pair	Optional. Ragg wool or synthetic (fleece). If you tend to have cold hands, bring both a pair of gloves and a pair of mittens.	
Mitten Shells	\$4	\$17	1 pair	Optional. Water-repellent nylon or Gore-Tex® shells that fit over your mittens or gloves. Depending on route and snow conditions, your instructors may require mitten shells. Since these are fairly specialized items that you may not use after your course, we recommend you rent them from us.	

Our advice? As long as they're not cotton, bring your gloves and mittens. We'll check them and 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	Quantity	Comments	Check List
Backpack	\$65	\$500	1	Our packs are large, expedition packs with a volume of at least 6300 to 7000 cubic inches. If you are planning to purchase a pack in advance, it must have a volume of 6000-7000 cubic inches to be suitable for a NOLS course. A 5000-6000 cubic inch pack may be acceptable with the addition of two large side pockets. Recommended packs include: NOLS/Lowe Pack (available through NOLS mail order), Dana Designs Astraplane, Osprey Motherlode, Lowe Alpine Systems Kanga Himal 100, Gregory Denali, North Face Aurora, Arc'Teryx Bora 95 and other packs of similar quality and capacity. If you do not already own a pack we recommend you rent one from us. If you bring your own, your instructors will examine it carefully for suitability. If you own an external frame pack with a top extension bar and a minimum volume of 3500 cubic inches it may be suitable for your course. We do not recommend buying an external frame pack prior to your course.	
Summit (Day) Pack	\$16	\$82	1	Optional. You only need one if you are using an external frame pack.	
Zip (Duffel) Bag	\$4	\$14	1	A lightweight medium-sized zippered nylon bag (approx. 12" x 24") with nylon handles is used as part of our packing system.	
Small Stuff Sacks (Ditty Bags)	\$1	\$4	2 or 3	2 or 3 small nylon or mesh sacks for organizing items in your pack.	
Lash Straps	\$1	\$4	1 or 2 pairs	We use these to lash gear/sleeping pad to a pack; at least 24" long.	

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	Quantity	Comments	Check List
Sleeping Bag	\$40	\$170	1	Synthetic-filled bags (Quallofil®, Hollofil®, Polarguard®, etc.) perform well in the variety of conditions we encounter on courses. A bag with approximately 3 pounds of fill rated to 5° or 10° F and having 6-8 inches of loft is required. Down bags can be problematic on a very rainy course.	
Compression Stuff Sack	\$6	\$34	1	Compression stuff sacks make it easier to get your sleeping bag and other gear into an internal frame pack.	
Plastic Trash Bags	Purchase Only	\$0.50	2 or 3	Heavy-duty lawn and garden bags (33 gallon) or trash compactor bags to help waterproof your sleeping bag and backpack.	
Sleeping Pad	\$4	\$21	1	A full-length, closed-cell foam pad to insulate and pad between the ground and your sleeping bag. A Thermo-Rest® is acceptable but we will ask you to carry an additional 1/2 foam pad in case of an irreparable hole. (Therma-Rests® are not available.)	
Sleeping Pad Stuff Sack	\$4	\$12	1	A nylon tubular sack to protect your pad from aggressive willows while bushwhacking.	
Ground Cloth	\$1	\$8	1	A waterproof nylon sheet to go between your sleeping pad and the ground.	

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	Quantity	Comments	Check List
Insulated Mug	Purchase Only	\$4-\$5	1	12 oz. or 20 oz. insulated mugs with lids are preferred.	
Bowl	Purchase Only	\$4	1	A bowl with a snap-on lid is handy.	
Spoon	Purchase Only	\$1	1	Lexan spoons are light, durable and popular.	
Water Bottle	Purchase Only	\$6.50	1	A wide mouth quart or liter size plastic bottle.	
Lip Balm	Purchase Only	\$2	1	Stick, cream, or tube type moisturizing balm with sun protection factor (SPF) 15 or greater.	
Sunscreen	Purchase Only	\$7	1	A 3 to 6 ounce tube with sun protection factor (SPF) 15 or greater.	
Bandannas	Purchase Only	\$1.25	2 or 3	A few cotton bandannas are always handy.	
Sunglasses	Must Bring	Must Bring	1 pair	Lenses should block 100% ultraviolet and 95% infrared light.	

Miscellaneous Items (Continued)

Head-Lamp/Flashlight	Must Bring	Must Bring	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	\$1.50	2	Use for lighting your camp stove.
Toilet Articles	Must Bring	Must Bring	1	Toothbrush, toothpaste, comb, brush, skin lotion, tampons. Travel or trial sizes are enough. Bring your own.
Insect Repellent	Purchase Only	\$4	1 or 2	1-2 small bottles. No aerosol spray cans.
Watch	Must Bring	Must Bring	1	A watch with an alarm is a nice feature.
Notepad And Pencil	Must Bring	Must Bring	1	A small, lightweight pad is fine.
Sunglass Retainers	Must Bring	Must Bring	1	Optional. Chums® or Croakies® for keeping track of your glasses or sunglasses
Glasses and Contact Lenses	Must Bring	Must Bring	1 or 2 pairs	If you wear prescription lenses, bring a spare pair.
Pocket Knife	Must Bring	Must Bring	1	Optional. A small knife is sufficient; simple Swiss Army knives are best.
Water Filter	Must Bring	Must Bring	1	Optional. NOLS supplies Potable Aqua tablets (hydroperiodide) or AquaMira® for backcountry water disinfecting. If you are sensitive to iodine, bring chlorine based tablets or a water filter.
Insoles	Must Bring	Must Bring	1 pair	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	Must Bring	Must Bring	1	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.
Trekking Poles	Must Bring	Must Bring	1 pair	Using poles while you hike can reduce stress on knees. Poles should be a sturdy 2-3 section collapsible variety as you will need to lash them to your pack in some hiking situations.
Book	Must Bring	Must Bring	1	A small paperback can be a worthwhile luxury item.
Vitamins	Must Bring	Must Bring		Although our ration system is designed to provide a variety of foods with adequate nutrition, a multi-vitamin gives you extra insurance that you are getting everything that you need on a daily basis.
Camera	Must Bring	Must Bring	1	The current 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 of the optional items 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	Quantity	Comments	Check List
Boots	Must Bring	Must Bring	1 pair	Sturdy leather heavy backpacking or light mountaineering boots with good ankle support and proper fit are critical for hiking on uneven terrain with heavy expedition packs. Fitting your boots with two thick pairs of socks will add an extra layer of cushioning and can help reduce foot fatigue. A thick pair for cushioning and a thin liner for reducing friction would also be an appropriate sock combination.	
Socks	Purchase Only	\$10	5 pairs	Heavy rag wool or heavy wool/polypropylene blend.	
Liner Socks	Purchase Only	\$4	1 pair	Optional. Lightweight wool, polypropylene or Capilene® "wick dry" socks. You will need at least two pairs if you are using a liner sock/wool sock combination in your hiking boots.	
Neoprene Waterproof Socks	Purchase Only	\$25	1 pair	Optional. Lightweight neoprene socks and/or waterproof socks such as DuPont Seal Skin.	
Gaiters	\$12	\$20	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	Must Bring	Must Bring	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. Open toed sandals are not acceptable.	
Galoshes	\$8	\$18	1 pair	Optional. Lightweight mid-calf length rubber galoshes that fit over your camp shoes. These may be required for some courses, depending on weather and route. We recommend you rent them from NOLS.	

Our advice? Your boots will be a critical piece of gear. If they're not sturdy, don't provide enough support or don't fit properly with at least a liner and a wool sock, we won't let you use them. If you have any doubts about boots, feel free to give us a call.

RECOMMENDED BOOTS

NOLS Yukon does not provide boots.

Wilderness, Adventure, Natural History, Wilderness Skills, Rock Climbing and Educator Courses

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. 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 Shasta	Scarpa advance
Asolo 520, 535	Scarpa SL
Boreal Bulnes	Tecnica Pegasus
LaSportiva M Hike	Tecnica Stratos and Shasta
Limmer Mountain	Salomon Authentic 7
Lowa Scout	Salomon STL 7
Merrell Wilderness	Salomon STL 8
North Face Selkirk	
Montrail Moraine AT	
Raichle Trekker	
Vasque Liberty	

EXAMPLES OF UNACCEPTABLE BOOTS

Asolo Voyageur
Danner Mtn. Light
Danner Alpine
Danner Winterlight
Lowa Cascade
Nike Lava High
Nike Zealand
Raichle Ecolite
Vasque Clarion
Vasque Skywalker
Vasque Sundowner

Please refer to your enrollment packet for specific boot fitting information. If you have any questions about fitting boots, call the NOLS Admissions Office at (307) 332-5300 or look us up on the web at <http://www.nols.edu>.

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 group equipment.

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

