

# Equipment List

## Semester in Patagonia

**Welcome to NOLS!** It's important to choose the right equipment for any outdoor adventure. This list is designed to help you make smart decisions about the gear you take on your course.

When you arrive, your instructors will look through the equipment you've brought and help you decide what to take into the field. You'll then go into our Outfitting Department to rent or purchase any remaining items. We've made every effort to ensure that this equipment list reflects what you will need on your course, but your actual needs will vary depending on season and instructor judgment. *We encourage you to keep the tags on all clothing, and the receipt at home, so that you may later return any unneeded items.*

Here are some thoughts to guide you as you pack:

**First, use gear you already own!** You'll be comfortable in tried-and-true clothing. Bring more layers than you think you'll need; your instructors will help you choose your best options. Items that you don't bring on the expedition should fit in a moderate sized bag, which you may store at our base at your own risk.

**Second, rent key items from NOLS.** When it comes to gear, every adventurer has his or her own preferences. In the field, you'll have the opportunity to hone your "perfect" system. We recommend that you rent, rather than purchase, several "big ticket" items, such as a sleeping bag and backpack. While you are not obligated to rent gear from us, there are several reasons why we suggest it. Our rental gear is high quality, chosen specifically for the heavy use it receives on courses. Rental prices are reasonable, so you can try out gear and make informed decisions on future adventures.

**Third, visit a Preferred Retailer or local outdoor store.** Preferred Retailers are stores whose staff are particularly knowledgeable about NOLS and its courses. For a list of Preferred Retailers in your area, please visit our website at [nols.edu](http://nols.edu).

### Buy your gear before leaving home

Because of high shipping costs and import duties, many items easily found in the United States are expensive or unavailable in Chile. We strongly encourage you to purchase all your equipment, even things as common as toothpaste, before leaving home. Do not count on being able to find required items in Chile. NOLS Patagonia has a very limited inventory of personal gear for purchase, and we may not have the size or style you're looking for.

### Equipment fees

In addition to your course tuition, you will pay an equipment deposit. This deposit will be applied directly to the charges you incur for gear rentals and purchases. At the end of your course, you will be billed for any amount that exceeds your equipment deposit, or refunded any balance from the NOLS headquarters in Lander.

### How to use this list

The rental prices on this list cover the duration of your trip, and are pro-rated for shorter courses. All prices are subject to change and availability. Rental items are designated "Rent." Non-rental items are designated in one of three ways:

- **Purchase only** | Indicates that an item is available at NOLS Patagonia for purchase only.
- **Must bring** | Indicates that a *required* item is not available, either for rent or for purchase. There will be no opportunity to obtain this equipment once you arrive at NOLS Patagonia.
- **Not available** | Indicates that an optional item is not available, either for rent or for purchase.

### Questions?

Please contact your admission officer or email us at [nols\\_patagonia@community.nols.edu](mailto:nols_patagonia@community.nols.edu).



## Quality over quantity

At NOLS, we fundamentally believe that you don't need to own a lot of expensive gear to live and travel comfortably in the backcountry. By purchasing high-quality items and learning to care for them, you're making a lifetime investment. Spend money on the few items that really matter, and don't get lured into splurging on the trendiest fabrics or latest gadgets.

**Please study this section carefully. It cannot be emphasized strongly enough 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.**

Clothing					
Your clothing will form a layering system of three layers, base layers, mid-layers, and shell layers. The base layers are designed to wear close to your skin and provide moisture management, light insulation, and sun protection. Warmer mid-layers are for insulation and need to fit well with your other layers to give you options as the conditions change. On the outside, wind- and rainproof jackets and pants made of nylon or Gore-Tex prevent heat loss by cutting wind, rain, and snow. Look for synthetic materials that retain their warmth when wet and dry quickly, unlike cotton or down.					
Upper Body Layers					
You will need 3-4 upper body layers, plus wind and rain jackets. It is very important that your rain jacket fits well over all your base and mid-layers.					
Equipment	Availability	Price	Quantity	Comments	Check List
Sports bra	Purchase only	\$40	2-3	<b>Recommended.</b> It would be nice to have a third to send into yourself at a transition, but having more than two is not necessary.	
(Base layer) Lightweight and mid-weight top(s)	Purchase only	\$40-\$75	2-3	<b>Required.</b> One of these layers should be lightweight (short sleeve is fine). Patagonia Capilene 2 and 3 or lightweight wool are good choices. A zippered turtleneck increases warmth and offers some protection against the sun. Patagonia Zip T is a great example.	
(Mid-layer) Lightweight synthetic or fleece vest	Rent	\$15	1	<b>Optional.</b> Fleece or other synthetic vests are a great lightweight option to keep warm on cool days. <b>Down is not acceptable.</b>	
(Mid-layer) Expedition-weight top	Purchase only	\$79-175	1	<b>Required.</b> Heavier than a mid-weight top, but lighter than a fleece jacket. NOLS Patagonia offers a variety of options for sale in this category, such as the Patagonia R1 Hoody and Mountain Hardware Desna Hoody and jacket.	
(Mid-layer) Hooded synthetic insulated jacket	Purchase only	\$205-230	1	<b>Required.</b> A heavyweight synthetic insulated jacket with a hood is preferred as an outer layer. This jacket should fit over your other layers and under your rain jacket. NOLS Patagonia sells the Mountain Hardwear Super Compressor and Montbell Thermawrap Pro. <b>Down is not acceptable.</b>	

Upper Body Layers (continued)					
Equipment	Availability	Price	Quantity	Comments	Check List
(Shell layer) Wind shirt	Rent	\$22	1	<b>Required.</b> A lightweight windproof nylon or softshell. This layer will be used a lot and a hood is strongly recommended. Patagonia's Houdini Jacket is a good example. The NOLS online store sells our custom-made wind shirts.	
(Shell layer) Rain jacket	Purchase only	\$110-\$220	1	<b>Required.</b> This garment should be waterproof with a hood. <b>We strongly recommend durable, un-insulated Gore-Tex rain gear.</b> Ski jackets with powder skirts or insulation are not acceptable. NOLS carries Marmot Minimalist, Mountain Hardwear Epic and The North Face Venture jackets. <b>Must fit over all insulating layers.</b>	
(Shell layer) Heavy storm jacket & bibs	Rent	\$20 Jacket \$22 Pants	1	<b>Required.</b> These storm items are worn for the <b>kayak section</b> only. If you bring your own, think "heavy-duty fisherman style": Peter Storm, Helly Hansen, Grunden's or their equivalent are acceptable. If you do not already own these, we recommend that you rent from NOLS Patagonia. We rent Helly Hansen storm gear.	
Paddling jacket	Rent	\$55	1	<b>Required.</b> This is for your <b>kayak section</b> , to be worn only while paddling. A paddling-specific jacket with neoprene closures on the neck and wrists will keep you much drier than a regular rain jacket. We rent custom-made jackets from Kokatat.	
Dry suit/ paddling suit	Not available	Not available	1	<b>Optional.</b> This piece of gear will help you stay warm and dry during your kayak sections. However it is a high-price item that most students do without. If you plan on paddling after your course it may be a good investment prior to your course. Kokatat Gore-Tex Meridian Dry suit with relief zipper and socks is a very popular suit.	
<b>Gear tip:</b> Bring the gear and clothes you own. You'll have time to talk about gear and clothing with your instructors once you get here, and they can offer suggestions for what you'll need for each section. If you are shopping for clothing or gear, please contact us if you have any questions! We don't want you to spend money on gear you might not take to the field. <b>If you own any paddle gear, specifically a dry suit/paddling suit, dry bibs, etc., we recommend that you bring it to use on your kayak section. It is a high price item that NOLS does not keep in stock. Most people who paddle regularly own a dry suit.</b>					

Lower Body Layers					
Just like your upper body, you'll want to have some options for your lower body, too. Underwear, 1-2 base layers, a mid-layer and wind and rain pants all need to fit so you can layer to match the weather and conditions.					
Equipment	Availability	Price	Quantity	Comments	Check List
Hiking pants	Purchase only	\$120	1	Synthetic/soft shell hiking pants with pockets. <b>Cotton is not acceptable.</b> Hand warmer pockets are a great addition. Mountain Hardware Chockstone pant and the North Face Verto Pants are examples.	
Hiking shorts	Not available	Not available	1	<b>Optional.</b> Shorts can be nice when the weather permits. They should be quick-drying; pants with removable legs are a good option. <b>Cotton is not acceptable.</b>	
Underwear	Purchase only	\$22-\$35	3-4	<b>Required.</b> Briefs, boxers, and/or sports bras in Capilene, polypro, or silk are recommended. Women's briefs in cotton will work. Patagonia and Mountain Hardware offer good options.	
(Base layer) Long underwear bottoms	Purchase Only	\$55	2-3	<b>Required.</b> These should be mid-weight synthetic or wool models. <b>Cotton and cotton blends are not acceptable.</b> Many students have recommended 3 pairs. We sell Patagonia Capilene 3.	
(Mid-layer) Expedition-weight or fleece pants	Rent	\$20	1	<b>Required.</b> These should fit comfortably over your base layer bottoms. Synthetic insulated pants will compress more than fleece, and a full-length zipper is convenient for changing layers without removing boots. NOLS sells Patagonia Capilene 4 expedition weight pants and has fleece pants for rent.	
Insulated over-pants	Not available	Not available	1	<b>Optional.</b> A great way to stay warm in camp at the beginning and end of long days in the mountains. Can also provide versatility for cold sleepers. We recommend overpants with full side zips to have the ability to put on and take off over boots and crampons. <b>Down is not acceptable. Highly recommended for fall SSPM and PY courses.</b>	
(Shell layer) Wind pants	Purchase only	\$70	1	<b>Required.</b> Breathable, lightweight softshell pants or hiking pants should fit comfortably over long underwear or fleece pants. NOLS wind pants with ankle zips, knee and seat reinforcements are highly recommended and available at NOLS Patagonia and through the NOLS online store.	
(Shell layer) Rain pants	Purchase only	\$100-\$110	1	<b>Required.</b> A strong, roomy pant works best in mountain travel. A full-length zipper is convenient for changing layers without removing boots. <b>We strongly recommend durable, un-insulated Gore-Tex rain gear.</b>	
<b>Gear tip:</b> Hiking pants are a good option instead of wind pants. <b>Gear tip:</b> Full-length zippers on your rain pants, hiking pants, and insulated pants will make life easier by letting you change layers without removing your boots. <b>Gear tip:</b> All shell layers (jackets and pants) need to fit over all your mid-layers for the coldest days.					

Head, Neck & Hand Layers					
Equipment	Rental Price	Price	Quantity	Comments	Check List
Liner gloves	Purchase only	\$25-\$29	1	<b>Recommended.</b> A versatile glove for all sections. Powerstretch fabric is the best choice.	
Insulating mittens/gloves	Purchase only	\$20	1	<b>Required.</b> Wool or synthetic. They can be combined with the liner gloves for added warmth. NOLS Patagonia has fleece gloves for sale.	
Glove or mitten shells	Rent	\$20	1	<b>Required.</b> Must fit over other hand layers. We recommend Gore-Tex glove or mitten shells with removable liners, and we rent Outdoor Research Mt. Baker and Meteor mitts with a removable liner.	
Pogies	Rent	\$5	1 pair	<b>Required.</b> Pogies are for the <b>kayak section</b> . They are neoprene mitten-like hand cover that fits over a paddle shaft for cold, wet days on the water. These are warmer than neoprene gloves.	
Wool/fleece hat	Purchase only	\$22-\$39	1-2	<b>Required.</b> A ski hat is fine.	
Balaclava	Rent	\$5	1	<b>Optional.</b> Fleece or wool will provide protection and insulation in combination with your hat.	
Neck gaiter/ Buff gaiter	Purchase only	\$22 - \$35	1	<b>Optional.</b> Neck gaiters or Buff Gaiters offer great versatility and provide protection and insulation in combination with your hat.	
Rain hat	Rent	\$5	1	<b>Recommended.</b> Primarily for the <b>kayak section</b> . The best are waterproof, large-brimmed and have a chinstrap for windy days. Outdoor Research, Kokatat and Helly Hansen all make quality options.	
Sun hat	Purchase only	\$12-\$65	1	<b>Required.</b> Consider a full brim for maximum protection, but a typical baseball cap works well. A nylon model will dry more quickly. NOLS has a variety of sun hats for sale.	
Sunglasses	Must bring	Must bring	1	<b>Required.</b> 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. Polarized lenses are ideal.	

**Gear Tip:** Mitten shells (versus gloves) are a nice match with gloves and glove liners. They are easy to take on and off, and the gloves inside offer more dexterity than a mitten. They will also dry faster than a glove or mitten with built-in insulation.

**Gear Tip:** Two warm hats for the kayak section are a good idea, one for on the water and a dry one for camp.

Footwear					
Part or all of the Mountaineering and all of the Independent Student Group Travel sections will be spent in wet, muddy river valleys and possibly on snow and ice in below-freezing temperatures. During the kayak section, you will find yourself moving over wet, seaweed-covered rocks and stepping into ankle to calf-deep water while loading and unloading your boats. Acquiring appropriate footgear is vital.					
Equipment	Availability	Price	Quantity	Comments	Check List
Wool or synthetic-wool socks	Purchase only	\$14	4-6 pairs	<b>Required.</b> For the mountain and kayak section you will likely be required to take 3-5 pairs, and for the independent section you will likely take 2-3 pairs. You can use the same socks for all three sections, but we recommend having clean extras for transitions. Medium-weight socks work best.	
Hiking insoles	Must bring	Must bring	1-2 pair	<b>Required.</b> They are to be used with the plastic mountaineering boots and leather boots. Superfeet, Soles, and Downunders are good examples. A pair of insoles from an existing pair of boots works as well.	
Gaiters	Purchase only	\$75	1-2 pair	<b>Required.</b> Must be just below knee-high and need to be large enough to fit over plastic boots. These take a lot of abuse so they must be durable. NOLS Patagonia recommends and sells Outdoor Research Crocodile gaiters. <b>Be sure to fit your gaiters for plastic mountaineering boots. If you arrive and your gaiters do not fit with plastic boots you will need to purchase an additional pair.</b>	
Camp shoes	Purchase only	\$40	1 pair	<b>Required.</b> For wear around the NOLS base, in camp, on travel days, and pretty much everywhere else. These get a lot of wear but are not used for hiking. Crocs <b>without holes</b> and Holey's Coastal Boot are the most recommended camp shoe, as they are light and dry quickly. NOLS sells Crocs in limited sizes. A very lightweight running shoe can work, but are not the ideal camp shoe. <b>Leather hiking boots and sandals are not acceptable.</b>	
Pile or synthetic-insulated booties	Rent	\$12	1 pair	<b>Required depending on route.</b> Fleece booties should be 300 weight. NOLS has pile booties for rent. <b>Down booties are not acceptable.</b> Routes for the mountain sections are developed a week before the start of the section. You may be required to carry camp shoes instead ( <b>see above</b> ). Please keep this in mind when deciding to buy a pair of insulated booties that you may not need.	

Footwear (continued)					
Equipment	Availability	Price	Quantity	Comments	Check List
Plastic mountaineering boots	Rent	\$90	1 pair	<p><b>Required.</b> Double plastic boots (insulated inner bootie plus plastic outer shell) are required for most courses for their warmth, water resistance, and drying time. Koflach Degree, Asolo AFS, and Scarpa Inverno are good examples. These should fit comfortably with 1-2 pairs of wool socks. NOLS Patagonia has Scarpa Inverno and Koflach Degree plastic boots for rent in sizes 5.5 - 13.</p> <p><b>See “Fitting Plastic Boots” below for fitting information.</b></p> <p>If your feet are larger than a size 13, please contact NOLS Patagonia immediately or at least one month prior to your course to see if we have your size available or can help you find a pair elsewhere. Sizes and options are very limited once you arrive in Patagonia, so please plan ahead.</p>	
Leather Hiking Boots	Must bring	Must bring	1 pair	<p><b>Required.</b> These boots will be used on your <b>Independent Student Group Travel (ISGT)</b> section. Crampon-compatible boots are not necessary, but these boots need to be sturdy and supportive enough to carry 50+lbs of gear.</p>	
Rubber boots/ “Wellingtons”	Rent	\$27	1 pair	<p><b>Required.</b> For the <b>kayak section</b>, calf to knee-high rubber boots that fit comfortably with two pairs of wool socks will be worn in the boat and on the beach. Extra-tuff, Muckboots, and LaCrosse are recommended brands. NOLS has men’s sizes 6-13 ExtraTuffs for rent. Both NRS and Chota make a tall, low profile neoprene boot with a firm sole that works well.</p> <p><b>If you are a size 12, we recommend that you purchase neoprene boots because rubber boots can be difficult or uncomfortable to wear inside the kayak. If your feet are size 13 or larger, you MUST BRING your own knee-high neoprene boots to ensure your comfort in the kayak. NRS and Chota are recommended. Please contact us if you have any questions.</b></p>	
Insoles	Purchase only	\$5	1 pair	<p><b>Required.</b> These are worn inside the rubber boots. They offer good insulation when stepping into cold water. NOLS Patagonia has Lacrosse felt insoles for sale.</p>	
<p><b>Gear Tip:</b> A knee-high neoprene boot will give you more foot room in the kayak, no matter what size your foot is.</p> <p><b>Gear Tip:</b> Crocs and Holey’s are by far the most recommended camp shoes.</p> <p><b>Gear Tip:</b> If at all possible, we recommend you purchase your own plastic boots and wear them around for a few days prior to your course. It’s very important to have boots that fit well. Although we are limited to two different styles of plastic mountaineering boots, our staff do a great job fitting boots for students.</p>					

Sleeping Gear					
Equipment	Availability	Price	Quantity	Comments	Check List
Sleeping bag	Rent	\$90	1	<b>Required.</b> We require a 0°F/18°C synthetic fill mummy bag (Polarguard, Thermic Micro, etc.). <b>Down bags are not acceptable.</b> NOLS Patagonia rents Mountain Hardwear Lamina 0°F	
Sleeping pad	Purchase only	\$20-\$60	1	<b>Required.</b> A closed-cell foam pad 3/8 inches thick. NOLS Patagonia sells Z-Rests from Cascade Designs. A lightweight Thermarest style inflatable pad can also be used, but they tend to get holes.	
Sit pad	Rent	\$3	1	<b>Required.</b> These increase insulation while on snow and serve as a portable seat for meetings. It can also be cut from a full-length foam pad.	
Compression stuff sack	Rent	\$5	1-2	<b>Required.</b> This will pack your sleeping bag or clothing layers into a smaller size than a regular stuff sack.	
Sleeping pad stuff sack	Not available	Not available	1	<b>Recommended.</b> A nylon sack to protect the environment from your ensolite/Therma-Rest and vice versa.	

**Gear Tip:** Foam pads are bulky but light and never deflate. Thermarest-style pads are usually more comfortable but can be challenging to repair in the field.

**Gear Tip:** Rent a sleeping bag from us if you don't already own one. Use the experience gained on your course to guide your decisions for the future. If you have one or are buying one, please remember that **you cannot bring a down bag into the backcountry.**

Packs & Bags					
Equipment	Availability	Price	Quantity	Comments	Check List
Mountain section backpack 100+L	Rent	\$100	1	<b>Required.</b> NOLS has Osprey and Deuter packs for rent. If you bring your own, it must meet our standards and have enough room to carry all of your equipment. 5500 - 7000 cubic inches, or 90-110 liters, is the size you need. We recommend Deuter, Lowe and Osprey.	
ISGT section backpack 65-80L	Must Bring	Must Bring	1	<b>Required.</b> A slightly smaller backpack will work since you will not be carrying climbing gear for this section. Your pack from the mountain section will work for this section also.	
Boat bag	Rent	\$15	1	<b>Required.</b> This is a large Cordura zip duffel that is used during the <b>kayak section</b> to store all your smaller bags while loading and unloading boats and in camp.	
Kayak dry bag	Purchase only	\$27 -35	3-4	<b>Recommended.</b> We use small medium and large size (5–20 L) to pack and organize your gear in the boats and around camp. NOLS Patagonia sells Sea to Summit Big River 8L, 13L, and 20L and Seal line 5L, 10L, 20L, and 60L Dry bags.	
Small nylon stuff sacks	Purchase only	\$10 - \$13	2-3	<b>Recommended.</b> Used to organize gear in your pack. These should be between 2 and 5-liter capacity. Silicone nylon is preferred due to its light weight.	



Packs & Bags (continued)					
Equipment	Availability	Price	Quantity	Comments	Check List
Small and medium nylon zip bags	Rent	\$8	1-2	<b>Required.</b> Small and medium-sized lightweight zip bag to help organize and protect clothing and gear in your boat or backpack.	
Heavy duty trash bags	Purchase only	\$1-1.50	3-5	<b>Required.</b> These are used to waterproof your clothing and sleeping bag, and as a pack liner.	
<p><b>Gear Tip:</b> If you have a 65L–80L backpack we suggest you bring it to Chile since it will be useful on the ISGT.</p> <p><b>Gear Tip:</b> Rent a backpack for the mountain section if you don't already own a pack that size.</p> <p><b>Gear Tip:</b> Drybags between 5L and 20L have many uses for kayakers. For the mountain section 10L and 60L are very useful. Using dry bags helps to decrease the use of plastic bags and increases the overall environmental friendliness of our program.</p>					

Mountaineering Gear					
The mountains in Patagonia are both amazing and unforgiving. Any gear you bring must meet our standards. Items indicated as “No charge” are provided by NOLS Patagonia and included in your course tuition.					
Equipment	Availability	Price	Quantity	Comments	Check List
Crampons	No charge	No charge	1	<b>Required.</b> Used for glacier travel and ice climbing. NOLS uses Grivel and Petzl step-in crampons. It is very important that the crampon-binding matches the boots you wear during the mountain section.	
Backcountry Harness	No charge	No charge	1	<b>Required.</b> We use Black Diamond Colouir harness. This should be lightweight and must fit over all your insulation and shell layers. Adjustable leg loops are strongly recommended.	
Glacier Glasses w/ Side Shields	Must bring	Must bring	1	<b>Required.</b> These should transmit no more than 8% visible light and be at least 99% UV protected. Fit them so that the minimum amount of light sneaks in past your cheeks, nose and forehead. Julbo is a quality brand. Removable side shields make them more versatile for other sections.	
Ice Axe	No charge	No charge	1	<b>Required.</b> 55cm-70cm in length depending on your height. If purchasing your own, the Black Diamond Raven is a good example and should be sized to fit you for the purpose of general mountaineering, not ice climbing or steep angle mountaineering.	
Accessory Cord	No charge	No charge	1	<b>Required.</b> 6 mm static cord. Should be acquired at NOLS Patagonia. Since we don't know the history of its use, we do not allow use of personal accessory cord on courses.	
<p><b>Gear Tip:</b> Don't forget to bring glacier glasses! Good eye protection is mandatory for glacier travel, and removable side shields make them more versatile for other sections.</p>					

Miscellaneous Items					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Cotton bandanas	Purchase only	\$2.50	1-3	<b>Required.</b> Useful for all sorts of things.	
Hand sanitizer	Must bring	Must bring	3	<b>Required.</b> One travel-sized bottle is required for each section of your course.	
Head lamp	Purchase only	\$40	1	<b>Required.</b> Lightweight is preferable. Lithium battery headlamps work well in cold weather. NOLS Patagonia recommends Petzl and Black Diamond headlamps.	
Batteries (AA, AAA)	Purchase only	\$0.75 Each	3 sets	<b>Required.</b> Nice item to resupply between sections. Students are required to take all their batteries back to the US with them.	
Rechargeable batteries (AA, AAA)	Purchase only	Price not available	2 sets	<b>Optional.</b> We recommend you use rechargeable batteries when possible. NOLS Patagonia will provide a charger for AA and AAA batteries so you can have them ready to use.	
Notepad	Purchase only	\$3-\$12	1	<b>Required.</b> Notebooks will be required for class notes and are nice to have for personal writing. NOLS Patagonia sells waterproof NOLS Expedition Journals.	
Pen/pencil	Purchase only	\$0.50	Several	<b>Required.</b> Bring more than one writing utensil.	
Sunscreen	Purchase only	\$16	2	<b>Required.</b> Should be SPF 30 minimum, and 2 medium size tubes are better than 1 large one. Used for both mountaineering and sea kayaking. Those with zinc oxide offer greater protection.	
Lip balm	Purchase only	\$4-\$7	1-2	<b>Required.</b> SPF 20 or greater. Those with zinc oxide offer added protection.	
Knife	Not available	Not available	1	<b>Optional.</b> A small, lightweight, single blade is all that is needed. A knife with a locking system is recommended.	
Spoon	Purchase only	\$1	1	<b>Required.</b> This must be durable, and it helps if it fits in your bowl.	
Bowl (ideally with lid)	Purchase only	\$7	1	<b>Required.</b> We recommend you bring a bowl that has a screw on lid to carry leftovers on the trail.	
Trekking poles	Purchase only	\$110	1	<b>Recommended for September courses.</b> As a pair they offer added stability in snow when wearing snowshoes, or you can use a single one as a walking stick. Collapsible three section poles are easier to pack and carry, especially when bushwhacking.	
Water bottle	Purchase only	\$12-\$15	1-2	<b>Required.</b> 2L capacity minimum. Wide mouths are convenient and they should be indestructible! Consider bringing an additional .5L bottle instead of a mug. NOLS Patagonia sells 1L and .5L Nalgene bottles.	

Miscellaneous Items (continued)					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Insulated mug	Must bring	Must bring	1	<b>Optional.</b> Make sure that these are unbreakable! They must withstand boiling water, cold and abuse.	
Hydration system	Purchase only	\$45	1	<b>Optional.</b> Water bag with drinking tube that can fit in a backpack or on the deck of a kayak. Camelback, Platypus and MSR all make excellent systems. If bringing a 2 Liter hydration system it is also often required to have a back up .5 - 1 L capacity in case the bag is damaged.	
Lighter	Purchase only	\$2.50	2-3	<b>Required.</b> For starting stoves and fires.	
Thermos	Purchase only	\$30 - \$40	1	<b>Highly recommended!</b> A good quality 1L thermos for the <b>kayak section</b> and .5 liter for <b>mountain section</b> is great to keep water hot for quick drinks and emergencies.	

Other Items and Considerations					
<p><b>None of the following items can be purchased from NOLS.</b> Please plan ahead and bring these things with you to Chile. Some of them can be purchased in Coyhaique, but the prices are high and the availability is not guaranteed.</p>					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Passport			1	<b>Required.</b> Bring an extra photocopy of the identification page to take into the field with you (ideally plasticized). <b>You need to retain your Tourist Visa that you'll receive upon entering the country. For more information, see the Travel and Logistics section of your pre-course information packet.</b>	
Watch			1	<b>Required.</b> Waterproof, with an alarm. Bring your own watch or buy before the start of the course.	
Extra glasses or contacts			1	<b>Required.</b> If you wear prescription lenses, bring a spare set. <b>Purchase all contact solution before you arrive.</b> If your natural vision is significantly limited, bring prescription sunglasses or glacier glasses or very high quality ski goggles to fit over your glasses.	
Book			2-3	When you're done, you can trade with a tent-mate, but remember, you are here for a while. Some students and staff recommend bringing a Kindle to decrease weight and increase resources.	
Small waterproof bags			1	<b>Recommended.</b> For books, passport, papers, etc. Nothing bigger than 8" X 12". Zip-lock style and Aloksak bags are great options to keep small items drier, especially inside a small stuff sack.	
Small Nalgene bottles			2-3	For sunscreen, toothpaste, lotion and other things that come in a large bottle. .5 – 2 oz. are good sizes.	

Other Items and Considerations (continued)					
Equipment	Rental Price	Purchase Price	Quantity	Comments	Check List
Umbrella			1	A big golf one! We know, you think it's a joke, but some people won't go kayaking without one.	
Camera, extra battery and memory card			1	You will want a protective waterproof container if the camera isn't waterproof. Dry boxes and bags (e.g., Pelican Cases or small medium-weight dry bags) are available from most outdoor stores. A small point-and-shoot is preferable to a DSLR. <b>Keep in mind that dry boxes larger than approx. 8" x 10" will not be allowed in the cockpit of your kayak, nor on deck, while traveling for safety reasons.</b>	
Coffee				We recommend you bring your own, as supplies in Coyhaique are mostly instant coffee.	
Insect repellant			1	Past students recommend bringing a small bottle.	
Multi-vitamin				Past students recommend bringing a one-a-day or Centrum type multi-vitamin.	
English/Spanish pocket dictionary & phrase book				Helpful for traveling and learning Spanish. Plastic bindings are best.	
Photos of family, friends & home				It's great to have photos of your community back home to share with people you meet. Chileans are very family-oriented and will often ask about your family and hometown.	
Toiletries				<b>Required.</b> Toothbrush, toothpaste, contact lens solution, comb, tampons, etc. Multiple travel size work best. We suggest bringing sufficient amounts of tampons and pads if you have a preference. A Diva Cup works as well if you are familiar with it.	
Fishing gear				<b>Optional.</b> NOLS Patagonia offers hand lines for fishing on kayaking sections. If you are an avid fisher, we strongly suggest that you bring your own gear. NOLS Patagonia has limited amounts of fishing supplies such as flies, lures, and line for sale in the issue room.	

**Fishing Tip:** Fishing in Patagonia can be good depending on the course route. Our routes are usually determined approximately one week prior to the start of your course, so it is not possible for us to guarantee that fishing will be a good option on all courses. However if you plan to stay in Patagonia after your course you can experience great fishing in the Aysén region.

### **Important**

Keep in mind that small items such as sunscreen, lip balm, bandanas, watch, batteries, trash bags could be cheaper and easier to buy at home than in Chile. Coyhaique is a remote town with limited availability of products, and all prices tend to be higher than in the US.

## Transition Items

Planning an expedition involves looking to the future. During your prep time with your instructors, you will pack gear and food for the entire 80-day course, including a small bag that will have your personal items. Your instructors will help you decide what to take with you and what to send to yourself later, and NOLS will transport these items to the meeting points.

### 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.

The expedition format of the course means that 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 \$900.00 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. 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!

Mountaineering and rock climbing hardware  
Mountaineering and rock climbing ropes  
Climbing helmets  
Topographical maps and compasses  
Stoves, fuel and cook gear  
Tents and shelters

Kayaks, paddles, and safety gear  
Personal flotation devices (PFDs)  
Nautical charts and navigation equipment  
First aid and repair kits  
Group libraries  
Food and food bags



### Plastic Boot Fitting Guidelines

If you plan to purchase plastic boots before coming to Patagonia, or if you need to check the fit of boots you already own, **please read the following considerations:**

- 1) For prevention of foot problems, it is more important to have a good fit than a well broken-in boot. In fact, plastic boots will never be “broken in,” but your feet will.
- 2) Your plastic boots should fit comfortably with 1 pair of thick or 2 pairs of midweight wool socks. Err on the loose side so that you can wear two pairs of heavier socks in response to changes in conditions or activities. If you wear prescription arch supports or other orthopedic aids, or use an aftermarket footbed, make sure you have a good fit with the devices in the boot and that you fit your boots with them.
- 3) When trying on plastic boots, remove the **inner** boot and ask the salesperson to fit you with the Brannock Device. (What is the Brannock Device you ask...the metal foot gadget that tells you what size you are, and tells an experienced boot fitter much more than that). It will measure the width and length of your foot. If your foot is not held in place widthwise, it will slide lengthwise and be more subject to blistering. After you have a good fit widthwise, slip your bare foot into the inner boot and slide your foot forward until your toes touch the front of the boot. If you prefer (and some shops may request), you may wear a thin liner sock to perform this test. With the toes at the front of the boot, lean forward slightly and see if you can place your index finger between your heel and the back of the boot. If you can, the boot is probably the right size; if you can't, the boot is too small and you should try a larger size.
- 4) If the boot passes the above test, put on one pair of heavy wool socks and put the liner into the shell, lacing to comfortable snugness. Take a few steps. The toes should be comfortable—not too tight—with a bit of room to wiggle. The boot should feel comfortable in the arch, with a bit of support but not tight. As you take a few steps, your heel should feel like it is being held in the boot with just enough lift to lose contact with the insole of the boot. If you have zero lift, it is too tight; a half-inch or more is too loose.
- 5) If your foot feels comfortable in the boot so far, try to determine how much room your toes have at the front of the boot: Kick a wall with the intent of getting your foot to slide forward in the boot with each hit. Kick the wall until your foot feels like it is caught by the in-step of the boot at the same time your toes hit the front of it. This should happen on the third or fourth kick. Your toes should just make contact at the end of the boot. If they hit hard on the first or second kick, the boot is probably too small, or else tied too loose. Try lacing the boots a bit tighter or try a narrower boot before trying a larger size. If your toes don't hit the end of the boot at all, try a smaller size. If your foot feels comfortable in the boot, if your heel lifts up from the bottom of the boot only slightly, and if your foot is caught and held by the instep at the same time that your toes hit the front of the boot, then you probably have a good fit.
- 6) Shop for boots in the afternoon; feet tend to swell during the day, and this can affect fit. Most people have one foot that is larger than the other. Always fit the larger foot. If the difference is significant, wear an extra sock or use an insole on the smaller foot.
- 7) **Take your time when purchasing boots.** Walk around the shop; kick a solid wall; use a ramp; try a different boot. One brand may fit better than another, even if they are the same size. The boots will feel awkward, but they should not be uncomfortable.

If you have any questions, please contact the Office of Admission, NOLS, 284 Lincoln Street, Lander, WY 82520 at 800-710-6657, 8:00 a.m. to 5:00 p.m. MST, Monday through Friday.

