

# New Zealand Sailing - Adult Equipment List

**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. Your course will have specific gear needs, but your clothing should be functional in the varying environments that you will encounter throughout 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 their own preferences. In the field, you'll have the opportunity to hone your preferred system. We recommend that you rent, rather than purchase, several "big ticket" items, such as a sleeping bag. 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 for your future adventures.
- **Third, visit a local outdoor store.** Most gear shops, from REI to mom-and-pop shops, are familiar with NOLS and its courses. We encourage you to keep the tags on all equipment and clothing, and the receipt at home, so that you may later return any items you don't use.

## **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.

## 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.

## Questions?

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## How to Use this List

Items under the **Required** heading are items that you **must** either bring yourself or rent or purchase from NOLS as available. Items under the **Optional** heading are not required, and you may bring them from home, buy, or rent from NOLS as available. If you see an **X** in the price column, that means that an item is not available for rent or for purchase as indicated.

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

**Note:** All prices are in \$USD. They are subject to change and include a 15% New Zealand Goods and Services Tax. Be aware that outdoor equipment is often more expensive to purchase in New Zealand than it is to purchase in the USA.

| Upper Body Clothing   |      |     |       |
|---|------|-----|-------|
| <b>You'll need at least 4 insulating layers and 1 rainproof layer</b> , which must fit comfortably over each other so they can all be worn at the same time. If you tend to get cold easily, consider adding additional layers. |      |     |       |
| Equipment   | Rent | Buy | Notes |
| <b>Required Items</b>   |      |     |       |

|  |             |            |  |
|--|-------------|------------|--|
| Lightweight Long-sleeve Shirt  | X           | \$118      | Mainly for use on hot sunny days as sun protection. We recommend lightweight wool or polyester. (Examples: Patagonia Sun Hoody)  |
| Base Layer (Long Underwear Top) (2) (insulated layer)  | X           | \$38-88    | Light- or midweight long-sleeve top, wool or synthetic.  |
| Fleece Jacket (insulated layer)  | \$22        | \$96-132   | Heavier than a base layer top, but lighter than an outer jacket. Aim for material that's fleece, wool, or other synthetic.   |
| Insulated Jacket (synthetic) (insulated layer)   | \$45        | \$275      | A warm jacket that fits over your other layers and under your rain jacket. A hood is recommended.  |
| Rain Jacket (Waterproof Layer)   | X           | \$330-500  | Rain jackets are available for purchase only. If you are bringing one from home, it must be suitable for prolonged periods of rain. Durable, waterproof, non-insulated jacket with hood. Coated nylon or breathable fabrics (like Gore-Tex, Pertex or H2No). It is important that you can wear your rain jacket over all of your other clothing. |
| Sports Bra (1-2)   | X           | X          | Synthetic, wool, or silk   |
| <b>Optional Items</b>  |             |            |  |
| Wind Shirt   | \$16        | \$93       | A lightweight, breathable, durable nylon wind shell. Pullover or zip-up style  |
| Insulated Vest   | X           | X          | Lightweight fleece or other synthetic.   |
| <b>Lower Body Clothing</b>   |             |            |  |
| <b>You'll need 2 lower insulating layers plus 1 pair of shorts or pants and 1 waterproof layer</b> , which must fit comfortably over each other so they can all be worn at the same time. If you get cold easily, you may want to bring a pair of insulating pants as a third layer. |             |            |  |
| <b>Equipment</b>   | <b>Rent</b> | <b>Buy</b> | <b>Notes</b>   |
| <b>Required Items</b>  |             |            |  |
| Long Underwear Bottoms (1 pair)  | X           | \$44-88    | Mid-weight synthetic or wool bottoms.  |

|                               |      |           |  |
|-------------------------------|------|-----------|--|
| Nylon Shorts or Pants         | X    | X         | Nylon athletic or hiking shorts (or hiking pants). They should be loose-fitting and quick-drying. Shorts are preferable as they are more versatile in varying weather conditions.                                    |
| Nylon Pants (Windproof layer) | \$16 | \$93      | Nylon or synthetic pants. These should fit comfortably over lower-body base layers. Soft-shell fabrics are acceptable, but lightweight “running pants” are not durable enough. We recommend renting NOLS wind pants. |
| Rain Pants (Waterproof Layer) | \$38 | \$145-165 | A durable, waterproof pant that can fit over other lower-body layers. A full-length zipper is convenient for changing layers without removing footwear.  |
| Underwear (3-5 pairs)         | X    | X         | Briefs or boxers; some students prefer to go without underwear and wear quick-drying shorts with liners. Briefs may be cotton, synthetic, wool, or silk.   |

**Optional Items**

|              |      |       |   |
|--------------|------|-------|---|
| Fleece Pants | \$16 | \$100 | Mid- or heavy-weight bottoms that fit comfortably over the base-layer bottoms. Fleece pants or insulated (puffy) pants work, too. |
|--------------|------|-------|---|

**Sleeping Gear**

| Equipment              | Rent | Buy   | Notes  |
|------------------------|------|-------|--|
| <b>Required Items</b>  |      |       |  |
| Sleeping Bag           | \$32 | \$330 | A synthetic-fill mummy bag with approximately 3 pounds of fill, rated to 0° or 10°F. |
| Compression Stuff Sack | \$6  | \$45  | Stuff sack for your sleeping bag or clothing. Can also function as a small backpack. |

**Head, Neck, and Hand Layers**

| Equipment               | Rent | Buy     | Notes   |
|-------------------------|------|---------|---|
| <b>Required Items</b>   |      |         |   |
| Baseball Cap or Sun Hat | X    | \$26-63 | To protect ears and face from the sun. Consider a full brim for maximum protection, but a typical baseball cap works well.. A nylon model will dry more quickly, but canvas works well. Avoid hats made from Gore-Tex or plastics, as they get too hot. Ensure your hat has a retainer of some kind so you don’t lose it in windy conditions. |

|                           |             |            |  |
|---------------------------|-------------|------------|--|
| Fleece or Wool Hat (1-2)  | X           | \$22       | Warm hat for cold weather that should cover your ears. We recommend wool or fleece. One warm hat for use during cold, wet days. Hence, a second warm hat can be useful for cold nights below deck.   |
| <b>Optional Items</b>     |             |            |  |
| Fleece or Wool Gloves     | X           | \$19-28    | Lightweight, synthetic, fleece or wool. Durable gloves made from fleece, Ragg wool or mid-weight polypropylene.  |
| Buff                      | X           | \$33       | Wool or synthetic neck warmer. Offers great insulation in combination with a warm hat. Lightweight versions can offer sun and/or wind protection in warmer climates.   |
| Mitten Shells             | \$33        | \$100      | For use on deck in cold wet conditions, but easy to pull on and off when hands are needed to manage ropes, etc.  |
| Rain Hat                  | \$15        | \$68       | Waterproof, large-brimmed, and with a chinstrap for windy days.  |
| <b>Packs and Bags</b>     |             |            |  |
| <b>Equipment</b>          | <b>Rent</b> | <b>Buy</b> | <b>Notes</b>   |
| <b>Required Items</b>     |             |            |  |
| Zip duffel bag (boat bag) | \$13        | N/A        | Used to carry gear to and from the boats and act as a "closet. We recommend that you rent this item from NOLS, as they are made specifically for our courses. Bags with many straps or padding that are not easily compressible will not be able to be stored on the vessel. |
| Plastic Trash Bags (1-2)  | X           | \$3        | For lining stuff sacks, sleeping bags, and day bags to make them more waterproof.  |
| Medium zip bag (1)        | \$5         | X          | Bags where you'll pack the clothing and other personal items you won't need access to while on the water. 15-20 liter dry bags may also be used. We recommend that you rent this item from NOLS.   |
| <b>Optional Items</b>     |             |            |  |
| Small Stuff Sacks (3-4)   | \$5         | X          | Small nylon or mesh sacks for organizing gear in your duffel bag. These should be between 2- and 5-liter capacity. Lightweight dry-sacks are   |

|         |      |         |   |
|---------|------|---------|---|
|         |      |         | convenient. (Example: eVent Sil DrySack)<br>Non-waterproof are fine too and they weigh less.<br>(Example: Outdoor Research Ultralight Stuff Sack) |
| Dry bag | \$14 | \$38-50 | A heavy duty, waterproof 10 - 20L dry bag to carry accessible items (camera, sunscreen, snacks) and keep handy on deck..                          |

**Footwear**

| Equipment | Rent | Buy | Notes |
|-----------|------|-----|-------|
|-----------|------|-----|-------|

**Required Items**

|                   |      |         |  |
|-------------------|------|---------|--|
| Socks (2-3 pairs) | X    | \$15-30 | Mid to heavyweight. You may prefer socks of different thicknesses for different activities (ex. for during the day and wearing at night).  |
| Close-toed Shoes  | X    | \$75    | Closed-toed shoes to be worn on deck on the boat and ashore. Lightweight and quick-drying running shoes or Crocs (without holes) work well. We stock Crocs.  |
| Rubber Boots      | \$16 | X       | Rubber mid-calf galoshes worn when sailing in cold weather or onshore when it's raining. If you bring your own, check that they don't leak by standing in them in the bathtub. These must also be non-marking soles. |

**Miscellaneous Items**

| Equipment | Rent | Buy | Notes |
|-----------|------|-----|-------|
|-----------|------|-----|-------|

**Required Items**

|                       |   |          |   |
|-----------------------|---|----------|---|
| Water Bottle          | X | \$16-22  | Bring durable plastic bottles. Wide mouths are convenient.  |
| Lip Balm (1)          | X | \$4.50   | Stick, cream, or tube-type moisturizing balm, SPF 15 or greater.  |
| Sport Sunscreen (1-2) | X | \$5.50   | A 3- to 6-oz. tube, SPF 30 or greater. Please note that the sun exposure in New Zealand is very strong due to the depletion of the ozone layer.                                       |
| Sunglasses            | X | \$60-220 | Good-quality sunglasses with 100-percent UV protection; lenses should be dark. If you wear prescription lenses and have limited vision without them, bring prescription sunglasses or |

|   |   |                    |  |
|---|---|--------------------|--|
|   |   |                    | look for a quality pair of clip-on polarized shades.   |
| Eyeglass Retainer                       | X | \$13               | Chums or Croakies for keeping track of your glasses or sunglasses.   |
| Prescription Glasses and Contact Lenses | X | X                  | If you wear prescription glasses or lenses, you should bring a spare set. Even if you wear contact lenses daily, plan to carry a pair of glasses into the field.   |
| Headlamp                                | X | \$66-80            | Durable and lightweight. Bring spare batteries.  |
| Batteries (1 sets)                      | X | \$1.80 per battery | We have AA and AAA batteries for sale.   |
| Notebook                                | X | \$16               | A small, lightweight notebook or notepad for taking notes during classes and journaling.   |
| Pen and Pencil (2)                      | X | \$1.50-2.50        | For journaling and taking notes during classes. Bring more than one.   |
| Toiletries                              | X | \$5-10             | Toothbrush, toothpaste, comb, brush, skin lotion, and tampons. Travel or trial sizes are enough.<br><br>NOLS New Zealand provides towels, shampoo and soap for showers on base. You may want to bring extra toiletries for base use, such as moisturizer, a brush, q-tips, a razor or deodorant. We have some basic supplies available for purchase. |
| Towel                                   | X | X                  | To take with you on the sailboat. This does not need to be a small pack towel, there will be plenty of room. However, it is difficult to dry cotton towels on board the boat. A large microfibre travel towel that is quick-drying is strongly recommended.  |
| Watch                                   | X | \$45               | Durable and waterproof, with an alarm feature.   |
| Travel mug                              | X | X                  | A mug with a lid (either a screw-on or clip). You can also use a Nalgene designed for hot/cold use. WARNING: will be rolling around the deck.  |
| Swimwear                                | X | X                  | Some students prefer wearing Lycra swimsuits, while others prefer nylon shorts and a sports bra-style top.   |
| <b>Optional Items</b>                   |   |                    |  |

|                                    |   |             |   |
|------------------------------------|---|-------------|---|
| Insulated Thermos                  | X | \$55        | 12- to 20-oz. insulated mug with a lid. 16 oz. Nalgene water bottles can also function as a mug.  |
| Insect Repellent                   | X | \$20        | Small bottles; no aerosol spray cans or Deet based spray.   |
| Camera                             | X | X           | GoPros and lightweight digital or 35mm cameras are acceptable; bring a protective case (waterproof is recommended). Avoid elaborate lenses and heavy SLRs. (Please note: you may not bring your smartphone or tablet to use as a digital camera.) Bring extra batteries and memory cards. |
| Book                               | X | X           | A small paperback book or lightweight e-reader, such as a Kindle; bring a protective case. Tablet-style e-readers (e.g., Kindle Fire) are not permitted.  |
| Envelopes and International Stamps | X | \$0.40-2.80 | To mail letters home.   |
| Coffee                             | X | \$11/200g   | Coffee is not a part of the standard NOLS ration. Buy ground coffee in NZ if that's more convenient than carrying it from the US. The charter vessels have a coffee press aboard.   |

**Sailing Gear**

| Equipment | Rent | Buy | Notes |
|-----------|------|-----|-------|
|-----------|------|-----|-------|

**Required Items**

|                                  |           |   |   |
|----------------------------------|-----------|---|---|
| Sailing/shore clothes (1-2 sets) | X         | X | Comfortable clothing for time spent at the campus before/after your course, below deck and onshore.   |
| Personal Flotation Device (PFD)  | No charge | X | A Type III vest with a whistle. We use universal extrasport jackets that fit with a harness which you can borrow at no charge. If bringing an inflatable PFD, it must be of the "auto-inflate" style. PFDs with the sole method of activation as "manual" will not be suitable. Beware of restrictions in transporting accompanying CO2 canisters, and difficulty in obtaining those locally in NZ. |

**Optional Items**



|           |   |   |   |
|-----------|---|---|---|
| 'Foulies' | X | X | Robust sailing specific foul weather and waterproof clothing. Standard rainwear (e.g., Gore-Tex) will likely be sufficient. "Foulies" would replace the requirement for a Rain Jacket and Rain pants. |
|-----------|---|---|---|

**Shared Group Equipment—NOLS will supply**

Expedition members share both the use of and the responsibility for the group gear that NOLS issues. NOLS charges only for group equipment lost or damaged. Keep in mind that NOLS evaluates gear from a number of perspectives beyond those that an individual user might consider. Performance, durability and simplicity are all contributing factors towards our gear selection.

- Charts, compass, and navigation gear
- GPS
- Reference Books
- Binoculars
- Equipment Repair Kits

**First Aid:**  
Our instructors carry adequate first aid kits. There is no need to bring your own.