

Patagonia Coastal Expedition

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 on 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.

This equipment list gives you an idea about the gear you will need, the options that locations can offer and also the cost that items may have.

Please remember that the values/prices shown are a reference as values and equipment availability may change due to several factors.

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?

Please contact your admission officer or email us at patagonia_managers@nols.edu.

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.

Note: All prices are in \$USD. They are subject to change

Upper Body Clothing			
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	Rent	Buy	Notes
Required Items			
Sports bra and underwear (1-2)	X	\$40 (bra) \$26 to 38 (underwear)	Briefs, boxers, and/or sports bras in Capilene, polypro, or silk are recommended. Women's briefs in cotton will work. Patagonia and Mountain Hardwear offer good options.

Base layer top (1-2)	X	\$40 to 60	One of these layers should be lightweight (short sleeve is fine). Patagonia Capilene Lightweight and midweight or lightweight wool are good choices. A zippered turtleneck increases warmth and offers some protection against the sun. Patagonia Capilene Midweight Zip Neck is a great example. Sun shirts are highly recommended.
Expedition-weight pullover (fleece or synthetic vest/jacket)	X	\$83 to 168	Heavier than a mid-weight synthetic or wool top, many people find it to be a useful layer. NOLS Patagonia has Patagonia Thermal-weight Zip Hoodies, R1 Hoodies , and Nano Puff Pullovers and Vests for sale.
Wind shirt	\$22	\$70	Highly recommended. A breathable nylon wind shell is excellent for minimal weight, but bear in mind that this layer may take a lot of abuse. Patagonia's Houdini jacket is an excellent option. This item is optional if your rain parka is breathable. We Have for rent wind shirt
Synthetic insulated jacket (Puffy Jacket)	X	\$160 to 235	An insulated jacket that is synthetic and lightweight with a hood, such as the Montbell Thermawrap . This jacket should fit over your other layers and under your rain jacket.
Rain jacket	X	\$115 to 231	This garment should be waterproof with a hood. We strongly recommend durable, un-insulated Gore-Tex rain gear. Ski jackets with powder skirts or insulation are not acceptable. NOLS Patagonia carries Marmot Minimalist rain jackets. Must fit over all insulating layers.
Dry suit/ paddling suit	\$215	X	This piece of gear will help you stay warm and dry during your kayak sections. It is a high-price item that we recommend renting before buying. NOLS rents Kokatat Hydrus paddling suits with relief zipper and socks. The rental includes neoprene boots. If you plan on paddling after your course, it may be a good investment prior to your course. Neoprene boots are included if you rent this item from NOLS.
Optional Items			
Short sleeve shirt	X	\$44 to 60	A quick dry t-shirt or button down will be very useful on hot days. Any short sleeve is

			considered a half layer. NOLS Patagonia has Patagonia Capilene Lightweight Tee and Crew Tees for sale.
Fleece jacket/Pullover	\$15	X	Great warmth-to-weight ratio, but bulkier than a synthetic insulated jacket. Look for 300 wt. Fleece. NOLS Patagonia sells Sherpa fleece pullover zip necks.
Fleece or lightweight insulated vest	X	\$185	Fleece or other synthetic vests are a great lightweight option to keep warm on cool days. Down is not recommended. NOLS Patagonia sells the Patagonia Nano Puff Vest .

Lower Body Clothing

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	Rent	Buy	Notes
Required Items			
Underwear (2-3 sets)	X	\$26 to 38	Briefs or boxers in Capilene, polypro or silk are recommended. Women's briefs in cotton will work. NOLS sells Patagonia Capilene 3 women's briefs and men's boxers.
Long underwear bottoms (1-2 pairs)	X	\$63	These should be mid-weight synthetic or wool models. Cotton and cotton blends are not acceptable. NOLS Patagonia carries Patagonia Capilene 3 bottoms.
Hiking/ wind pant	X	\$105-163	Synthetic/soft shell hiking pants with pockets. Cotton is not acceptable. Mountain Hardware Chockstone pant or the Patagonia Simul Alpine pant are examples (a durable, fast drying hiking pant is an acceptable replacement for wind pants). Also we have for sell NOLS wind pants
Rain pants	X	\$113 to 199	A strong, roomy pant works best in mountain travel. A full-length side zipper is convenient for changing layers without removing boots. We strongly recommend durable, non-insulated Gore-Tex rain gear. Marmot Precip or Minimalist are great options.
Optional Items			

Hiking shorts	X	X	Shorts can be nice when the weather permits. They should be quick-drying; pants with removable legs are a good option. Cotton is not acceptable.
Expedition-weight or fleece pants	\$15/ fleece pants	\$70	These should fit comfortably over a light layer of underwear. Bibs or shelled fleece are acceptable but quite heavy. A full-length side zipper is convenient for changing layers without removing boots. Expedition-weight bottoms are also acceptable. NOLS rents fleece pants and sells Patagonia Capilene 4 Thermal Weight Bottoms.

Our advice? Full-length zippers on your rain pants and hiking pants will make life easier by letting you change layers without removing your boots. All shell layers (jackets and pants) need to fit over all your mid-layers for the coldest days.

Footwear

It is important for your enjoyment and success that all footwear fits and performs well. Part of the course will be spent in wet, muddy river valleys and possibly on snow and ice in below-freezing temperatures.

Equipment	Rent	Buy	Notes
Required Items			
Wool socks (3 pairs)	X	\$17 (light cushion) to 24 (full cushion)	For the 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 sections, but we recommend having clean extras for transitions. You should have 3 pairs of medium-weight socks and 1-2 pairs of lightweight socks to wear inside the paddle suit during the kayaking section.
Hiking boots	X	Must Bring	Durable hiking boots; all-leather or combination of leather and synthetic. Must have good support in the heel and ankle. We recommend taking the time to break in new boots before your course to prevent blisters. Please read the Hiking Boot Selection Guide at the end of the list.
Gaiters	X	\$99	Must be just below knee-high and large enough to fit over bulky plastic boots. We recommend a sturdy nylon zipper, Velcro, or non-zippered type. These take a lot of abuse so they must be

			<p>durable. NOLS Patagonia has Outdoor Research Crocodile gaiters available for sale. Buying them before your course may be tricky, as you want to make sure they will fit over your hiking boots. *It is always a good idea to size up!</p>
Paddle shoes	No charge	X	<p>This shoe will be worn in conjunction with the paddle suit while you are paddling and will be wet the entire kayak section. It will be worn with wool or synthetic socks and the paddle suit (built in) sock. An old lightweight running shoe or sneaker also works well. NOLS Rents NRS paddle wet shoes. This item is included when you rent a dry suit from NOLS Patagonia.</p>
Camp shoes	X	\$39	<p>For wearing around NOLS base camp and in town. One option is a light running shoe or sneaker. Crocs without holes are another option, they are easier to dry and lighter to carry than sneakers. NOLS Patagonia sells Crocs without holes.</p>
Optional Items			
Rubber boots/Wellingtons	\$30	X	<p>For the kayak section, 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 Patagonia has M's sizes 6-15 (W's 8 to 14) ExtraTuffs for rent. Both NRS and Chota make a tall, low profile neoprene boot with a firm sole that works well.</p> <p>Please contact us if you have any questions.</p>
Wool felt insoles	\$5	\$9	<p>These are worn inside the rubber boots to provide better insulation. This item is included if you rent rubber boots from NOLS Patagonia</p>
Neoprene sock	X	X	<p>2 mm neoprene offer added cushioning and warmth. Perfect for wearing with camp shoes.</p>
Head, Neck, and Hand Layers			
Equipment	Rent	Buy	Notes
Required Items			

Liner gloves	X	\$26 to 31	A versatile glove for all sections. Powerstretch fabric is the best choice. NOLS Patagonia offers Outdoor Research PL 150 Sensor Gloves for purchase.
Mittens/ gloves	X	\$80 to 180	Insulating, wool or synthetic. They can be combined with the liner gloves. NOLS has fleece gloves for sale. Black Diamond Midweight Fleece Glove is a great option. We do not carry mittens.
Wool/fleece hat	X	\$23 to 41	A ski hat is fine. Consider ear-flaps for added protection. Two warm hats for the kayak section are a good idea, one for on the water and a dry one for camp. We have beanies for sell
Sun hat	X	\$17 to 63	Consider a full brim for maximum protection. A typical baseball cap is acceptable, but a nylon model will dry more quickly. NOLS baseball caps and Sunday Afternoon full brim hats are available for purchase.
Sunglasses	X	\$47 to 120	Polarized lenses are ideal. If your glacier glasses have removable side shields they can be used on other sections, so there is no need to purchase an additional pair. Bring a durable case to protect your glasses. The drugstore counter varieties are likely unsuitable, so head for your local outdoor store or buy from NOLS. NOLS Patagonia sells Suncloud and Julbo sunglasses.
Optional Items			
Balaclava/Buff	X	X	Fleece or wool will provide protection and insulation in combination with your hat.
Rain hat	X	X	Primarily for the kayak section. The best are waterproof, large-brimmed and have a chin strap for windy days. Outdoor Research, Kokatat and Helly Hansen all make quality options.
Sleeping Gear			
Equipment	Rent	Buy	Notes
Required Items			
Sleeping bag	\$90	\$3260	We require a 0°F/18°C synthetic fill mummy bag (Polarguard, Thermic Micro, etc.).

			Down sleeping bags are not acceptable due to a highly humid environments. NOLS Patagonia rents Sierra Design Centari 5F sleeping bags.
Sleeping pad	X	\$35-163	We highly recommend a Therm-a-Rest style inflatable pad for comfort and warmth. A closed-cell foam pad 3/8 inches thick could also work, but won't be as comfortable. NOLS Patagonia sells Z-Lite pads by Cascade Designs.
Compression stuff sack (1-2)	\$5	\$9 to 12	A nylon sack to protect your sleeping pad from abrasion when packing and traveling. NOLS Patagonia sells Granite Gear's and Peregrine's stuff sacks. Different capacity options available (from 2 to 22 L).
Sit pad	\$3	X	A small closed cell foam pad 2-3 ft. long used to increase insulation and serves as a portable seat for meetings. This option is lighter than a Crazy Creek chair.
Optional Items			
Sleeping pad stuff sack	X	\$9 to 12	A nylon sack to protect the environment from your EnsoLite/Therma-Rest and vice versa.
Packs and Bags			
Equipment	Rent	Buy	Notes
Required Items			
Hiking backpack 65-80L	Must Bring	Must Bring	Must be an internal frame backpack with approximately 4000-5000 cubic inches. Capacity. Needs to fit inside the kayak when paddling but will be used for up to 7 days when hiking.
Boat bag	\$22	X	A large duffel made of heavy duty material with a zipper. It is used during the kayak section to store all your smaller bags while loading and unloading boats and in camp. We recommend renting this item from NOLS Patagonia.
Small and medium nylon zip bags (1-2)	\$3	X	Small and medium-sized lightweight zip bag to help organize and protect clothing and gear in your boat.

Heavy duty trash bags (3-4)	X	\$1.60	The large, strong trash compactor variety work best. These are used to waterproof your clothing and sleeping bag.
Kayak dry bag (2-3)	X	\$29-37	We use small medium and large size (5–10 L) to pack and organize your gear in the boats and around camp. NOLS Patagonia sells SealLine Nimbus, Blocker, and Baja 5L, 10L, and 20L dry bags.
Optional Item			
Small nylon stuff sacks (2-3)	\$5	X	Small and medium-sized lightweight zip bag to help organize and protect clothing and gear in your boat or backpack.
Miscellaneous Items			
Important: small items such as sunscreen, lip balm, bandanas, watch, and trash bags could be cheaper and easier to buy at home than in Chile. Coyhaique is a small, remote town with limited availability of products and where all prices tend to increase due to the costs of shipping and taxes.			
Equipment	Rent	Buy	Notes
Required Items			
Cotton bandanas (2-3)	X	\$3	Useful for all sorts of things.
Soap	X	X	Each student will be given a 2 oz. nalgene bottle of soap for personal use, free of charge. Each cook group will have their own hand sanitizer to share in their stove bags.
Headlamp and extra batteries	X	\$40 to 70(headlamp with 3AAA batteries) \$1 (extra batteries)	Should be lightweight. Bring 2 sets of batteries or more if you use a bright halogen bulb. Lithium batteries work well in cold weather. If you will be using lithium batteries, 2 sets should be sufficient. NOLS Patagonia has Black Diamond and Petzl LED headlamps for sale.
Journal and pens/pencils (2-3)	X	\$11 (journal) \$0.50 (pen)	Notebooks will be required for class notes and are nice to have for personal writing. NOLS Patagonia sells waterproof NOLS Expedition Journals.
Sunscreen	X	\$11	Should have at least 30 SPF (sun protection factor) and be water repellent. Those with zinc

			oxide offer greater protection and are highly recommended.
Lip balm	X	X	Should have at least 30 SPF (sun protection factor) and be water repellent. Those with zinc oxide offer greater protection.
Toiletry items	X	X	We highly suggest bringing your own and in enough quantity. Toothbrush, toothpaste and tampons may be available for purchase as a last resource. A Diva Cup works as well if you are familiar with it. Prices are very variable (subject to local options and availability).
Spoon	X	\$2	This must be durable. Prefer a size that fits inside of your bowl.
Bowl	X	\$8	Need a bowl with a tight screw-on lid to carry lunch and leftovers on the trail. Tupperware and Rubbermaid containers generally work well. NOLS Patagonia sells 16 oz. Nalgene bowls with a screw top lid.
Water bottle (1-2)	X	\$13 to 15	2L capacity minimum. Wide mouths are convenient and they should be indestructible. Consider bringing an additional ½ L bottle instead of a mug. NOLS Patagonia sells 1L and ½ L Nalgene bottles.
Watch	X	\$30	Waterproof, with an alarm. Bring your own watch or buy from NOLS Patagonia, we sell Casio's.
Lighter or Flint (2)	X	\$2	For starting stoves and fires.
Extra glasses or contacts	X	X	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 as well. We recommend keeping your glasses safe in your carry-on luggage during your travel to Patagonia.
Passport	X	X	You need to retain your Tourist Visa (PDI paper) that you'll receive upon entering the country. For

			more information, see your Travel and Logistics document .
Optional Items			
Thermos	X	\$43 to 49	A good quality ½ L or 1L non-breakable thermos to keep water hot for quick drinks and emergencies. NOLS Patagonia sells Stanley 25oz thermos and GSI 0.5 L thermos.
Small waterproof bags	X	X	For books, passport, papers etc. Nothing bigger than 8" X 12." Zip-lock bags or small stuff sacks lined with a plastic bag are good options.
Hydration system	X	X	Many folks recommend them in addition to a water bottle. Camelbak, Platypus and MSR all make excellent waterbag/drinking tube systems.
Insulated mug or half-liter bottle	X	X	Make sure that these are unbreakable! They must withstand boiling water, cold and abuse. Your mug should be at least 12 oz. The common system in NOLS Patagonia is to use a half-liter bottle in place of an insulated mug.
Camera	X	X	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. Because of the likelihood of adverse weather, avid photographers may be interested in bringing a small "point and shoot."
Knife	X	X	A small, lightweight, single blade is all you will need. A knife with a locking system is recommended to prevent the knife from opening accidentally.
Binoculars	X	X	A pair of small, light 7 x 20 or 8 x 20 binoculars will help you enjoy the wildlife. Bring a protective, waterproof container.
Book	X	X	One soft-covered book is fine. When you're done, you can trade with a tent mate. Instructors will select a small collection of curriculum-related books for the group to bring.
Coffee	X	\$15 to \$20	NOLS Patagonia offers freshly ground coffee beans, freshly ground available for sale. 16oz for \$15 . You also may bring your own.

Ear plugs	X	\$1.5	These are great for traveling and for sharing tents with loud sleepers.
Fishing gear	X	X	Fishing in Patagonia can be good depending on the course route, though we cannot guarantee fishing will be an option on all courses. If you enjoy fishing, we strongly suggest that you bring your own gear.
Pre- and Post-course Travel			
Optional Items			
Photos of family, friends	X	X	It's great to have photos of your community back home to share with people you meet. Chileans are very family-oriented and will always ask about your family and hometown.
Small towel, shampoo, soap, deodorant	X	X	These are for showering before and after your course at NOLS facilities. NOLS provides some shower items, but you may prefer to bring your own.
English/Spanish pocket dictionary and phrasebook	X	X	A small, travel edition can be helpful throughout the course unless you are fluent in Spanish. Plastic bindings are best.
Energy bars	X	X	You may choose to bring some personal snack items as treats, keeping in mind that the NOLS rations include ample snacks and trail food. All food is locally purchased in Chile.

Additional Notes

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.

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 that gets lost or damaged. Keep in mind that NOLS evaluates gear from a number of perspectives beyond what an individual user might consider. Performance, durability, and simplicity are all factors we consider when we select our gear.

Tents
Compass
Maps
Stoves, fuel, fuel bottles
Reference books
Cooking gear/spice kits
Repair kits
Water purification
Kayaks, paddles, and safety gear
Personal Flotation Devices (PFDs)
Nautical charts and navigation equipment
Food and food bags

First Aid:

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