

Prince William Sound Sea Kayaking

Equipment List

Welcome to NOLS! It's important to choose the right equipment for any outdoor adventure. We fundamentally believe that you don't need to own a lot of expensive gear to live and travel comfortably in the outdoors. We recognize that the process of getting ready for a course can be an intimidating experience, especially if you have never done anything like it before. This list is designed to help you make decisions about what you take on your course and hopefully help you feel confident about entering 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 is reflective of 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 clothing than you think you'll need; your instructors will help you choose your best options. You can always leave items in storage at the campus. You may not think you have some of the clothing items on the list, but it is really common for sports and athletic wear to fit the bill. As long as it meets the description of the item, it will probably work.
- **Second, rent what you can from NOLS.** We recommend that you rent items when possible, especially items that tend to be expensive (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. After your course, you may purchase any of the items you rented at a reduced cost; this is a great way to begin building your personal system if you intend to keep exploring the outdoors.
- **Third, purchase specific items from our Outfitting Department.** To make shopping simple, we offer camping essentials and personal care items. The items we sell in our Outfitting Department are tailored to what works well on our

courses. Approximate price ranges for the items we sell are listed below - you can use these price ranges to help you decide whether to purchase items ahead of time.

- **Fourth, go shopping before your course.** A few options:
 - **REI or a local gear store:** Pro: Employees often have some sense of what you will need. Con: Gear at these locations is often expensive.
 - **Target, Wal-Mart, and other department stores:** Pro: The active wear and camping sections can have inexpensive options. Con: Employees are unlikely to be able to offer suggestions.
 - **Thrift stores:** Pro: Likely the least expensive option. Con: Can take a lot of time to find what you need.
 - **Online:** Pro: Can find a wide variety of options. Con: The variety of options can be overwhelming to sort through.
- If you're shopping ahead of time, it may be helpful to call someone at NOLS to chat through your plan for packing and purchasing so you can get some guidance. There is contact info at the bottom of this list.

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 or any loss or damage to our equipment. Total charges will vary depending on the amount of equipment you rent or purchase from us; the prices listed below will help you estimate your costs. At the end of your course, you will be billed for any amount that exceeds the equipment deposit, or refunded any balance from NOLS headquarters in Lander, WY.

Feedback?

NOLS is trying to update this list to be more welcoming and effective. If you are willing to provide some feedback to help our effort please take this [survey](#).

Questions?

Please contact our staff at NOLS Alaska by phone (907) 745-4047 or email alaska_equipment@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. Items with prices next to them indicate that this is available at the NOLS store in Alaska.

Upper Body Clothing			
You need at least three insulating layers, a windproof layer, a rain layer and a t-shirt. Make sure your layers fit comfortably over each other. If you get cold easily, we suggest that you take four insulating layers, or three layers plus a vest. You should have two lightweight insulating layers: one to wear on the water, and one to wear in camp.			
Equipment	Rent	Buy	Notes
Required Items			
Base Layer	X	\$25+	A lightweight synthetic or wool T-shirt or long sleeve layer. (1-2)
Mid Layer	X	\$55+	Lightweight fleece jacket that fits over your base layers.
Insulated Layer	\$40	X	A warm, synthetic-filled jacket that fits over your base layer and mid- layer.
Paddle Jacket with Hood	\$20	X	We rent a waterproof, breathable pullover with a hood. We recommend bringing a splash paddling jacket or a dry suit if you own one.
Rain Jacket	VERY LIMITED AVAILABILITY	X	We highly recommend bringing your own rain jacket. We may have limited rental Gore-Tex Pro Shell jacket options available. We found that PVC or PU fabric (fisherpeople jackets) work best for sea kayaking.
Lower Body Clothing			
You need two to three lower-body insulating layers that fit comfortably over each other and underneath your wind or rain pants. You should have two lightweight insulating layers: one to wear on the water, and one to wear in camp.			
Equipment	Rent	Buy	Notes
Required Items			

Base Layer Bottoms	X	\$40+	A lightweight synthetic or wool is best.
Insulated Pants	X	\$60+	Fleece or synthetic-filled pants can be a nice addition. Your instructors will share recommendations depending on route and time of year.
Rain Pants	VERY LIMITED AVAILABILITY	X	We highly recommend bringing your own rain pants. We found that PU fabric (fisherpeople pants) works best for sea kayaking.
Nylon Hiking Pants	\$18.75	\$80	Nylon hiking pants are recommended for protection from bugs and dense vegetation. We rent durable nylon shell pants .
Miscellaneous Clothing			
Equipment	Rent	Buy	Notes
Required Items			
Sun Hat or Baseball Cap	X	\$15+	Should be wide-brimmed to protect from the sun.
Fleece or Wool Hat	\$7.50	\$15+	Any fleece or wool hat that will fully cover your ears.
Glove Liners	X	\$25+	Lightweight gloves may be layered with heavier gloves for warmth or worn alone for sun protection.
Fleece or Wool Gloves	X	\$20+	Durable gloves made from fleece, wool or polyester.
Underwear/ Bra	X	\$20+	Undergarments made from merino wool or polyester wick moisture away from your skin and are highly recommended. (2-3 pairs underwear, 1 bra)
Neoprene Pogies or Paddling Gloves	\$12	\$30	We rent neoprene pogies.
Buff	X	\$20	Synthetic polyester fabric tube. Use it as a headband, neck gaiter, balaclava, cap, face mask, wristband, or scrunchy.
Rain Hat	\$7.50	\$60	Your sun hat might work fine for rain or vise-versa.

Footwear			
Equipment	Rent	Buy	Notes
Required Items			
Dry Pants and Shoes	\$41.25	X	Waist high dry pants will keep you warm and dry while in and out of the water. Our rental comes with rubber neoprene shoes.
Hiking Socks	X	\$15+	Must be 75 to 100% wool, merino wool, or thick polyester. No wool/cotton blends.(3-4 pairs)
Rubber Boots/Camp Shoes	\$26.25	X	We recommend you rent this item from us. We rent XtraTuf brand 16" Non-insulated Boots. These can be used as camp shoes.
Sleeping Gear			
Equipment	Rent	Buy	Notes
Required Items			
Sleeping Bag	\$60	X	We stock synthetic-filled sleeping bags with a temperature rating of 20 degrees F or colder. Due to Alaska's extremely wet environment, down and feather bags are not recommended.
Sleeping Pad	\$8	\$45+	We rent closed-cell foam pads; however, we recommend and sell full length self-inflating sleeping pads. We do not rent self-inflating pads.
Sleeping Bag Stuff Sack	\$7.50	X	A compression stuff sack makes your sleeping bag smaller to pack.
Packs and Bags			
Equipment	Rent	Buy	Notes
Required Items			
Small Stuff Sacks	\$3	\$15+	Used to organize items in your pack. Lightweight dry sacks are convenient. Non-waterproof are fine too and they weigh less. (1-2)
Waterproof Bag Liners	X	\$1	3mm durable, sturdy, plastic trash compactor bags. We have a variety of sizes, and many students find it easier to purchase the size and quantity they need here.(2-3)

Large Equipment Bag	\$15	X	These nylon bags are made especially for NOLS paddling courses.
Zip Duffel	\$7.50	X	Used to keep clothing and personal gear organized. Waterproof stuff sacks are convenient; non-waterproof are fine too and weigh less.
Miscellaneous Items			
Equipment	Rent	Buy	Notes
Required Items			
Bandana	X	\$3	For multiple uses. 1 is highly recommended for hygiene use.(1-2)
Lighter	X	\$2	Used to light stoves. (1-2)
Eating Gear	X	\$5+	Tupperware type bowl, 1-2 pints, with a lid. Plastic or metal spoon/spork.
Eyeglass Retainer	X	\$8	We sell NOLS branded Chums.
Mosquito Headnet	\$7.50	X	You can rent this if bugs will be a problem on your course.
Lip Balm	X	\$2	Stick or cream with sun protection.
Notebook and Pen/Pencil	X	\$6+	A small spiral notebook is fine. Avoid hardcover. We sell a durable notebook with waterproof pages.
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.
Sport Sunscreen	X	\$4+	A tube or bottle of 2-4 oz. should be plenty. A sun protection factor of 30 or greater is necessary. A physical sunblock, such as zinc oxide, is strongly recommended for people who burn easily.
Sunglasses	X	\$25+	Durable with 100% UV protection. If you wear prescription lenses, bring your own prescription sunglasses or look for a quality pair of clip-on shades. (Good brands: Julbo, Native, Optic Nerve, Smith)
Toilet Articles	X	\$2+	Toothbrush, toothpaste, comb/brush, moisturizer, prescription meds. Sample sizes of 2 oz are preferable. No deodorant or excessive items. We

			have basic toiletries for sale if you forget something at home.
Menstrual products	X	\$5-35	Required if you menstruate. Bring the products which work well for you, and bring slightly more supplies than you think you might need. This might mean tampons*, pads*, a menstrual cup*, or some combo thereof.
Watch	X	\$25+	Bring a waterproof watch with an alarm even if you do not normally wear one.
Water Bottle or Water Bladder	X	\$12+	Wide-mouth quart or liter size. A lightweight bladder system also works well.(1-2)
Optional Items			
Camera	X	\$60	Highly Recommended!! There are good lower-priced, durable cameras like Pentax WG-1000 . GoPro is also popular but uses a lot of battery power. Bring at least 1 extra battery per week. <u>No phones are allowed.</u>
Book or E-Book	X	\$10+	You may bring an e-reader or a small book for reading. We have many books to choose from at NOLS.
Knife	X	\$15	A small pocket knife or multi-tool.
Headlamp or Flashlight	X	\$20	Good idea for August courses, unnecessary for June or July. Should be lightweight.
Umbrella	X	\$40	Nice for those really rainy days.
Thermos	X	\$30+	Vacuum bottles are great. Be sure yours is stainless and not glass. We sell Stanley thermos with NOLS logo.

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.

Tents
Compass
Trowel or Shovel
Stoves, Fuel Bottles and Fuel

Maps

Bear Spray

Fishing Gear

GPS

Repair Kits

Reference Books

Cooking Gear/Spice Kits

Soap and Hand Sanitizer

Insect Repellent

First Aid:

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