

Women's Baja Sea Kayaking - Adult 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 key items 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, visit a local outdoor store.** 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 your admission officer or email us at mexico@nols.edu with the subject "Student Inquiry – course code."

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 and include Mexico Goods and Services Tax. **Rental prices are listed for the entire course.**

Upper Body Clothing			
We layer our clothing, combining different garments to achieve optimum insulation and protection from wind, rain, and sun. We use either synthetic or wool fibers, which insulate when wet. It is common to need insulating layers for the water and a dry set of clothing for land. Rental prices are listed per entire course length.			
Equipment	Rent	Buy	Notes
Required Items			
Base layer (long underwear)	X	\$55-75	Long sleeve synthetic mid or lightweight top (e.g., Patagonia Capilene series).
Middle layer (fleece jacket)	X	\$60-120	Long sleeve synthetic mid-weight fleece top. Helps regulate temperature.
Top layer (synthetic jacket)	X	\$335	Recommended for all courses. Synthetic insulated “puffy” jacket or heavy weight fleece layer that fits over your base layers.
Wind Jacket	\$8	X	Lightweight, synthetic and durable wind jacket/shell. Must fit over all insulation layers. May be waterproof, but must be breathable.
Rain jacket	X	\$170	It does rain in Baja! Light waterproof-breathable material or coated nylon.
Sun shirt	X	\$97-110	Long sleeved to protect from the sun. We recommend a collared cotton button-down or synthetic hooded long sleeved shirt. Available with the NOLS logo.

T-shirts (1-2)	X	\$22-35	A lightweight synthetic or wool t-shirt. Synthetic (January) or cotton (October/March) Available with NOLS logo.
Sports bra/ Halter top (2-3)	X	\$53-78	Synthetic or cotton. At least one should be synthetic.

Our advice? Bring the layers you think might work. We'll advise you on the best combination for your trip, depending on the season and course area.

Lower Body Clothing

You will need 1–2 synthetic insulating layers. All must fit comfortably over each other so that they can be worn at the same time. If you tend to get cold easily, add a middle layer of mid-weight bottoms to the base layer and fleece pants for January courses.

Equipment	Rent	Buy	Notes
Required Items			
Base layer (long underwear) (1-2)	X	\$50-74	Synthetic or wool bottoms. Light or midweight (e.g., Patagonia Capilene series) Bring two if your course is in December, January, or February.
Wind pants	\$8	X	Loose fitting, lightweight synthetic. Should be very breathable, not waterproof. We recommend renting NOLS wind pants. They are the most popular piece of equipment we've ever designed! Many students purchase their wind pants at the end of their course.
Synthetic shorts (1-2)	X	\$75-82	Should be comfortable and quick drying "river shorts" style with a mesh liner or board shorts.
Underwear (2-3)	X	\$36-45	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

Swim suit	X	\$75-88	Synthetic shorts and sports bra can be worn for this purpose.
Sarong	X	\$30	Great to use for airing out, as a towel and as a changing room. Recommended for all students. We have a selection of sarongs for sale in our Outfitting Department.

Our advice? Bring the synthetic base layers, rain gear, and clothing you think might work. We'll advise you on the best combination for your trip, depending on the season.

Head, Neck, and Hand Layers

Equipment	Rent	Buy	Notes
Required Items			
Sun hat	X	\$19-50	To protect ears and face from the sun; baseball hats available with NOLS logo.
Wool or fleece hat	X	\$30	Wool or synthetic warm hat. It should cover your ears.
Optional Items			
Paddling gloves	X	\$41-46	Helps to prevent blisters and gives protection from the sun.
Neck gaiter	X	\$30	Helps cover the neck or head. Good sun protection and/or wind protection. We have NOLS neck gaiters or Buffs available.

Footwear

Equipment	Rent	Buy	Notes
Required Items			
Water shoes	X	\$80-105	Important! These will protect your feet when walking in the marine environment. A stiff or dense sole prevents punctures from sea urchins, tree thorns or fish hooks. They must have closed toes to protect your toes. They must also have secure straps to prevent the shoe from coming off. We recommend: Wet shoes with a neoprene cuff that will prevent gravel from getting into the shoe and protect your ankle bones. Alternative: Tennis/running shoes, in good condition, with a neoprene sock.
Light camp/hiking shoes	X	X	For day hikes. Running tennis, or cross-training athletic shoes, closed toe required. With a pair of synthetic or wool socks, non-neoprene water shoes may be able to double as a light hiking shoe. These do not need to be hiking boots.
Beach Shoes/Sandals	X	\$50-130	For use in camp to allow your feet to air out. We sell Crocs, Sanuk and Chaco Sandals.
Socks	X	\$18-30	Synthetic or wool.

(2-3 pairs)			
Optional Items			
Neoprene socks	X	\$30-50	Neoprene socks may be worn with tennis or water shoes.
Sleeping Gear			
Equipment	Rent	Buy	Notes
Required Items			
Sleeping bag	X	X	Synthetic bag rated to 30°F (October/March), 10-15°F (January). Tapered, compressible models are best.
Compression stuff sack	\$5	X	A compression stuff sack makes your sleeping smaller to pack (ex: Outdoor Research Ultralight Compression Sack).
Sleeping foam pad	\$5	\$90 Foam	Solid foam or inflatable pad. If you bring an inflatable, we recommend Thermarest inflatable pad types appropriate for backpacking (not bulky car camping models). If you bring an inflatable pad, be sure to bring a repair kit. NOLS only rents closed-cell foam pads; inflatable pads are for purchase only.
Ground cloth	\$5	X	To protect you and your gear from sand, dust and dirt. We recommend that you rent this from us unless you already have your own.
Optional Items			
Bug & Bivy sack	X	X	Highly recommended in October, for bugs and in January/February for additional warmth and protection from heavy dew. Should be waterproof on the bottom, breathable on the top, and have a bug net in the hood.
Packs and Bags			
Equipment	Rent	Buy	Notes
Required Items			
Beach bag	\$10	X	Used to carry gear to and from your kayak and acts as a “closet” on the beach. Our packing system is so specific to these boats that we require that you rent these bags from us.

Small zip bag	\$2.50	X	This will act as your “lap bag” to store gear that you want accessible while kayaking. Our packing system is so specific to these boats that we require that you rent these bags from us, rather than bring our own.
Medium zip bag (2)	\$3	X	Lined with trash compactor bags, these will be the storage bags for your clothing and other personal items you will not need access to while on the water. Our packing system is so specific to these boats that we require that you rent these bags from us, rather than bring our own.
Compactor plastic bags (4)	X	\$2	These are thicker ply than normal trash bags and therefore are more durable. They will be used to waterproof your gear. We sell 18-gallon bags.
Stuff sacks (1-2)	\$2	X	Small nylon or mesh sacks for organizing items in your pack.

Optional Items

Waterproof case or dry bag (as needed)	X	\$31.5-45	Useful for protecting a camera, binoculars, and any gear that you want to stay 100% dry. We sell Pelican cases and Seal Line dry bags.
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Paddling and Swimming Equipment

Equipment	Rent	Buy	Notes
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Required Items

Lightweight paddling jacket	\$15	X	To wear on windy paddling days. We recommend that you rent this from NOLS unless you already have your own. Doubles as a rain jacket.
Mask and snorkel	X	\$40	For hygienic and sizing requirements we recommend that you bring your own. Check out your local dive shop. Fit your mask carefully. Snorkeling is not a required activity, but it is an excellent chance for underwater exploration.

Miscellaneous Items

Equipment	Rent	Buy	Notes
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Required Items

Bowl	X	\$15-17	A bowl with a screw-on lid is handy and allows you to keep leftovers for short periods of time. 500ml recommended.
Spoon	X	\$2	Should be sturdy. Knife and fork not needed, but bring if you would like.
Insulated mug	X	\$6-18	Insulated mugs with lids are preferred. Available with NOLS logo in 12 oz.
Water bottle (2)	X	\$25-36	1 liter capacity. Hard water container with lid. Non-toxic/non leaching material. We recommend Kleen Kanteen or Nalgene. Available for purchase with the NOLS logo.
Lighter	X	\$2	Use for lighting your camp stove.
Cotton bandanas (2)	X	\$4-10	Invaluable as handkerchiefs, protection from sun, cleaning sunglasses, etc.
Sunscreen	X	\$13	At least SPF 30, eco-friendly, organic & waterproof. A physical sun block such as zinc oxide is strongly recommended for people who burn easily.
Lip balm	X	\$4	Must contain SPF protection.
Toothpaste	X	\$2.5	Small tube.
Toothbrush	X	\$5	A travel model or a cover for the brush end is recommended.
Sunglasses	X	\$55	With UV protection. Polarized glasses are great for on-water wear.
Sunglass retainers	X	\$12	To hang on to your sunglasses. We recommend Chums or Croakies. Available with a NOLS logo.
Headlamp	X	\$43	Hands-free use is essential. Petzl® headlamps available for purchase.
Spare batteries	X	\$2 (each)	For your headlamp or camera. We have AA and AAA for sale.
Waterproof watch with alarm	X	\$35-65	We expect you to be punctual for meeting times. Watches with multiple alarms are great for those who tend to oversleep.
Ziploc bags (6-8)	X	\$0.25	Quart and gallon sizes. Waterproof organizers for books and other items.
Journal or notebook	X	\$21	Rite in the Rain for taking notes, assignments and keeping a journal.

Pen/pencil (3)	X	\$1	For taking notes.
Menstrual Products	X	\$0.25 Tampon, \$65 Diva Cup	Make yourself a small stuff sack with tampons/pads and plastic bags for disposal. Bring as many supplies as you need for the duration of the course, plus a little extra. See the Hygiene Information link on your dashboard for details. Diva Cup® substitutes for tampons and is reusable.
Prescriptions	X	X	Any medications you may be taking in a waterproof container. For essential medications, we recommend you bring a reserve supply in a separate container. Please show your instructors what you are taking.
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.
Instant hand sanitizer	X	NOLS Provides	One travel-sized bottle is required for your course. You can choose to bring your own small bottle or purchase it at our base.
Liquid soap	X	NOLS Provides	Concentrated, biodegradable soap in a travel-sized bottle.

Passport

Bring your original passport and a photocopy of the identification page. You need to retain the Tourist Visa that you'll receive upon entering the country. For more information, see your Travel & Logistics document.

Optional Items

Camp chair	X	\$82	Chairs such as Crazy Creek are nice to have for base camp settings.
Camera and extra memory card	X	Action Camera \$50-80	Lightweight digital cameras, or waterproof are acceptable; bring a protective case. Avoid elaborate lenses and heavy SLRs. Please note: you are not permitted to bring your smartphone or tablet into the field to use as a camera.
Book	X	X	Small paperback size.
Comb or brush	X	X	Small travel size.
Insect repellent	X	\$6-13	Small bottle. Recommended for October courses.

Pocket knife	X	\$36	A small can opener and knife blade are useful in the kitchen. We sell Swiss Army knives or similar.
Small mesh bag	X	X	For carrying your eating gear.
Thermos	X	\$45-63	Great for carrying hot water for use throughout the day. (January option only)
Coffee, tea, or special foods/snacks	X	\$1-13	If you drink coffee or tea, you can bring your own or purchase at NOLS. You might also consider bringing dietary supplements, vitamins, energy bars, jerky, chocolate bars, nut mixes, etc.
Hygiene supplies	X	\$2-5	Nail clippers, moisturizer, etc.

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.

- Shelter
- Compass and GPS
- Maps
- Stoves, fuel, fuel bottles
- Trowels or shovels
- Reference books
- Cooking gear/spice kits
- Repair kits
- Binoculars
- Fishing equipment (hand lines and lures)
- PFDs (Personal Flotation Device, Type 3 U.S.)
- Diving gear

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