



Year in Patagonia Equipment List

Welcome to NOLS! Choosing the right equipment is essential for any outdoor adventure. This list is designed to help you make informed decisions about the gear you'll need for your course. While your course will have specific equipment requirements, your clothing should be versatile and functional across the diverse environments you'll encounter.

Upon arrival, your instructors will review your gear and assist you in selecting what to take into the field. You'll then visit our Outfitting Department (La Mole) to rent or purchase any remaining items. We've carefully curated this equipment list to reflect your needs, but requirements may vary based on the season and instructor judgment. We recommend keeping tags on all clothing and leaving receipts at home, so you can return any unnecessary items later.

Packing Guidelines

1. **Use What You Already Own,** Familiar gear often works best. Bring more layers than you anticipate needing—your instructors will help you refine your choices. Any gear not taken on the expedition should fit in a moderately sized bag, which can be stored at our base at your own risk.
2. **Rent Key Items from NOLS,** Gear preferences vary by individual, and during the course, you'll develop your own system. We recommend renting rather than purchasing high-cost items, such as boots. While renting is optional, our gear is high-quality and specifically chosen to withstand the rigorous demands of NOLS courses. Rental prices are reasonable, allowing you to test equipment before making long-term investments.
3. **Visit a Local Outdoor Store,** many outdoor retailers, from REI to independent shops, are familiar with NOLS courses and can help you find suitable gear. Again, we encourage you to keep tags on all purchases and store receipts at home to facilitate returns if needed.
4. **NOLS Patagonia's Equipment Selection,** At NOLS Patagonia, we offer a well-tested selection of equipment tailored for our courses. Over the years, we've collaborated with instructors and even contributed to the design of some gear to enhance the learning



experience. We maintain a sufficient stock, so consider renting or purchasing your necessary expedition equipment on-site.

Equipment Fees

In addition to your course tuition, you will be required to pay an equipment deposit. This deposit will be applied to any rental or purchase costs incurred during your course. At the end of your course, you will either be billed for any amount exceeding your deposit or refunded any remaining balance through NOLS headquarters in Lander.

This equipment list provides an overview of the gear you'll need, rental and purchase options, and estimated costs. Please note that listed prices are for reference only, as availability and pricing may vary due to market conditions.

Quality Over Quantity

At NOLS, we believe that you don't need an extensive collection of expensive gear to live and travel comfortably in the backcountry. Investing in a few high-quality items and learning to care for them is a smarter long-term strategy. Focus on essentials and avoid being swayed by the latest trends or unnecessary gadgets.

How to Layer for a NOLS course:

We layer our clothing, combining different garments to achieve optimum insulation and protection from wind, rain, and snow. We use either synthetic or wool fibers, both of which insulate when wet; merino wool products are increasingly popular. We avoid cotton, which is poor insulation when wet. It is common to need three insulating layers, a wind layer, and a rain layer. Below you will find some examples of our layering system.



Due to Patagonia's wet climate, we strongly discourage bringing clothing or sleeping bags made of cotton or down insulation, as they do not perform well in damp conditions.

Questions?

If you have any questions, please contact your admissions officer or email us at patagonia_managers@nols.edu.

We look forward to seeing you in Patagonia!

How to Use This List

Required Items, the items listed under the **Required** heading are essential for your course. You must bring these items yourself or rent or purchase them from NOLS if available.

Optional Items, the items under the **Optional** heading are not mandatory. You may choose to bring them from home, buy them, or rent them from NOLS if they are available.

Price Indicators, if you see an **X** in the price column, it indicates that the item is not available for rent or purchase as specified.

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

Packs & Bags			
Item	Rent	Buy	Note
Backpack (100 L)	\$180	X	Many packs on the market are not large enough either to handle the amount of gear we carry or to withstand the use we give them. Your pack must have enough room to comfortably hold 70 to 80 pounds of equipment (5500-7000 cubic inches or 100-120 Liters) and should be an internal frame design. Reliable brands include Deuter, Osprey, Gregory, and Lowe

			Alpine. If you bring your own pack, your instructors must approve it before use on the course. NOLS has Osprey and Deuter for rent in Patagonia
Day Pack	X	X	For the rock-climbing section. You could use either of the larger packs above, but a smaller one may be more comfortable to pack and carry every day from your base camp to the crag.
Boat Bag	\$30	X	This is a large Cordura zip duffel that is used during the kayak section to store all your smaller bags while loading and unloading boats and in camp. We recommend you rent this.
Small & Medium Zip Bags	\$10 each	X	Small and medium-sized lightweight zip bag to help organize and protect clothing and gear in your boat or backpack.
Trash Bags (heavy duty and Light)	X	\$1 to \$1.5	The large, strong trash compactor variety works best. These are used to waterproof your clothing and sleeping bag.
Dry Bags	X	\$20 to \$40	We use small medium and large sizes (5–15 Lts.) to pack and organize your gear in the boats and around camp. NOLS Patagonia sells Sealine and NRS.
Optional Item			
Small stuff sacks (1-3)	X	\$5	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.

Sleeping gear			
Item	Rent	Buy	Note
Sleeping bag	X	\$250 to \$275	You need a 0° F/-18° C. Must be a synthetic fill mummy bag, with a compression sack. Down sleeping bags are not acceptable
Compression sack	\$5	X	This will pack your sleeping bag or clothing

			layers into a smaller size than a regular stuff sack.
Sleeping pad	X	\$89 to \$189	The best ones are inflatable pads for comfort and insulation, foam pad is acceptable too but you must complement with an inflatable. For sell we have style of Therma rest
Sit pad	\$5	\$55	These increase insulation while on snow and serve as a portable seat (like Crazy Creek) for meetings. It can also be cut from a full-length foam pad.

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			
Base layer top (2-3)	X	\$40 to 60	One of these layers should be lightweight (short sleeve is fine). Patagonia Capilene Lightweight and mid weight or lightweight wool are good choices. A zippered turtleneck increases warmth and offers some protection against the sun. Patagonia Midweight Capilene Zip Neck or NRS Silkweight Hoodie are a great example.
Expedition-weight top	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, Black Diamond Coefficient Hoodies, R1 Hoodies, Patagonia Nano Puff Pullovers for sale.
Synthetic insulated jacket	X	\$160 to \$310	An insulated jacket that is synthetic and lightweight, such as the Mountain Hardwear Compressor Jacket , Black Diamond Belay Parka , Patagonia DAS Parka , is a good third layer. This jacket should fit over your other layers and under your rain jacket.
Sports bra and underwear (3-4 sets)	X	\$40 to 60 (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.
Wind shirt	\$90	X	Highly recommended, "the NOLS STYLE " 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.
Rain jacket	X	\$115 to 231	A lightweight, durable, and roomy garment for mountain travel. Cagoules and anoraks are acceptable designs, but ponchos are not. This garment should be fully waterproof and have a hood. Gore-Tex is a trustworthy waterproof option. Your rain jacket should fit over all your layers. The Marmot Minimalist is a great option, OR Grandridge GORE-TEX Jacket .

Semi-Dry Suit/ paddling suit	\$400	X	This piece of gear will help you stay warm and dry during your kayak sections. However it is a high-price item that we recommend you rent, rather than buy. NOLS rents Kokatat or NRS paddling suits with relief zipper and socks. Rental price includes neoprene boots.
Heavy storm jacket and bibs	\$25 jacket	X	For the kayak section only. If you bring your own, think "heavy-duty fisherman style": Peter

	\$25 bibs		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 carry Helly Hansen storm gear.
Optional Items			
Fleece or lightweight insulated vest	X	\$299 (Puffy Jacket)	Fleece or other synthetic vests are a great lightweight option to keep warm on cool days. Down is not acceptable.
Our advice? 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. 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. Most people who paddle regularly own a dry suit.			

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			
Hiking pants	X	\$105 to 163	Synthetic/soft shell hiking pants with pockets. Cotton is not acceptable. Hand warmer pockets are a great addition. Mountain Hardwear Chockstone pant and the North Face Verto Pants are examples (good option instead of wind pants).
Long underwear bottoms (2-3 pairs)	X	\$60 to \$85	These should be mid-weight synthetic or wool models. Cotton and cotton blends are not acceptable. Patagonia Capilene Midweight Bottoms are a great option.

Fleece pants	\$30	\$70	These should fit comfortably over a light layer of underwear. Bibs or shelled fleece are acceptable but quite heavy. A full-length zipper is convenient for changing layers without removing boots. Expedition-weight bottoms are also acceptable. Patagonia Thermal Weight Bottoms are a great option.
Wind pants	X	\$99	Breathable, soft-shell pants (not waterproof) should fit comfortably over lightweight long underwear. Reinforced knees and seat are strongly recommended. NOLS wind pants designed and made especially for NOLS are available at NOLS Patagonia for purchase only.
Rain pants	X	\$113 to \$220	A strong, roomy pants works best in mountain travel. A full-length zipper is convenient for changing layers without removing boots. We strongly recommend durable, un-insulated Gore-Tex rain gear. Marmot Precip or Minimalist pants 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.
Insulated overpants (puffy pants)	X	\$310	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. Down is not acceptable. Montbell Tec Thermawrap or Mountain Hardwear Ghost Whisperer are a great option.
Our advice? 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. All shell layers (jackets and pants) need to fit over all your mid-layers for the coldest days.			

Head, Neck, and Hand Layers

Equipment	Rent	Buy	Notes
Required Items			
Liner gloves	X	\$16 to 38	A versatile glove for all sections. Outdoor Research PL 150 Sensor Glove is a good option (all availables at NOLS Patagonia for purchase only)
Mittens/ gloves	X	\$35 to 40	Insulating, wool or synthetic. They can be combined with the liner gloves. NOLS Patagonia has fleece gloves for sale. Black Diamond Midweight Fleece Glove is a great option.
Glove or mitten shells	\$30	\$175	Must fit over other hand layers. Coated nylon or Gore-Tex models are desirable. Many companies make glove or mitten shells with removable fleece liners. If you have one of these models, a very light wool or polypropylene glove should complete your needs in this area. The Outdoor Research Mt Baker Modular Mitts are a great option. 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.
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.

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 150	The drugstore counter varieties are likely unsuitable, so head for your local outdoor store. NOLS Patagonia has Suncloud Polarized sunglasses for sale as well as Julbo glacier glasses. Please bring a durable case to protect your glasses as well as Chums or another retainer. Polarized lenses are ideal.
Sunglasses Retainers	X	\$10	Recommended. Chums or another sunglasses retention system.
Optional Items			
Balaclava	X	X	Fleece or wool will provide protection and insulation in combination with your hat.
Neck gaiter/ Buff	X	\$30 to 38	Neck gaiters or Buff Gaiters offer great versatility and 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.

Footwear

Part or all of the Mountain 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 footwear is vital.

Equipment	Rent	Buy	Notes
Required Items			
Wool/ Synthetic socks (6-8 pairs)	X	\$17 (light cushion) to \$30 (full cushion)	You will go through many pairs of socks during your time here. You need to have enough to outfit yourself in the field for 45-60 days at a time. Medium weight socks work best, and should not be made from cotton. 1-2 pairs should be lightweight to wear with your paddle suit during the kayak section.
Gaiters (1 pair)	X	\$110	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 . 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.
Camp shoes	X	\$60	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 without holes 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 light running shoe or sneaker is versatile and works well. Leather hiking boots and sandals are not acceptable. Most students recommend Crocs and Holey's.
Fleece or synthetic insulated booties	\$30	\$85	Required depending on route. Fleece booties should be 300 weight. NOLS has fleece booties for rent. <u>Down booties are not acceptable.</u> Routes for the mountain sections are developed a week before the start of the section. You may be required to carry camp shoes instead (see above). Please keep this in

			mind when deciding to buy a pair of insulated booties that you may not need. NOLS Patagonia sells Rab Hot Socks as another option.
Plastic mountaineering boots	\$150	X	A plastic double-boot (insulated inner bootie plus plastic outer shell) is best for its light weight, warmth, and drying time. If you're bringing your own, make sure that your model has a welt or groove to accept clip-on crampons. Koflach Viva Soft, Asolo AFS, and Scarpa Inverno are examples. These should fit comfortably with 2 pairs of wool socks or 1 pair each of wool or neoprene socks. Models with some sort of closed-cell foam inner boot (such as the Asolos) dry more quickly than those insulated with wool felt. Another option instead of plastic boots are mountaineering double boots such as La Sportiva Baruntse, Scarpa Phantom 6000, among others. If at all possible, we recommend you purchase your own plastic boots or mountaineering double 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. Staff will generally retrofit their plastic boots with Intuition liner booties, which are warmer and dry faster. NOLS Patagonia has Koflach Viva Soft and Scarpa Inverno boots for rent in sizes 5.0 - 15. If your feet are larger than size 14 or smaller than 5.0 you will need to purchase your own boots.

Hiking insoles (1-2 pairs)	X	\$15	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.
Leather or synthetic hiking boots	X	X	These boots will be used on your Independent Student Group Expedition (ISGE) section. Crampon-compatible boots are not necessary, but these boots need to be sturdy and supportive enough to carry 50+lbs of gear.
Rubber boots/ Wellingtons	\$70	X	For the kayak section, calf to knee-high rubber boots that fit comfortably with two pairs of wool socks will be worn on the beach. Extra-tuff , NOLS Patagonia has M's sizes 6-15 (W's 8 to 14) ExtraTuffs for rent. Please contact us if you have any questions.
Paddle Shoe	\$15	X	For the kayak section. This shoe will be worn in conjunction with the paddle suit, and it will be wet the entire kayak section. It will be worn with a wool or synthetic sock and the built-in paddle suit sock. It should fit one or two sizes larger than your normal shoe. An old, lightweight running shoe or sneaker that is one size larger than your normal shoe size will also work. NOLS Patagonia rents the NRS Paddle Wetshoe Size 6 - 14.
Insoles	X	X	These are worn inside the rubber boots. They offer good insulation when stepping into cold water. This item is included if you rent rubber boots from NOLS Patagonia.
Rock shoes	X	X	Must bring your own. Shoes should be suitable for wearing and climbing all day and for multi-pitch climbs. Instructors suggest not buying climbing shoes that force your toes to curl.

			Please read our rock shoe fitting recommendations below.
Our advice? A knee-high neoprene boot will give you more foot room in the kayak, no matter what size your foot is.			

Mountaineering and Climbing 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	Rent	Buy	Notes
Required Items			
Glacier glasses w/ side shields	X	\$77 to 120	The drugstore counter varieties are likely unsuitable, so head for your local outdoor store. These should transmit no more than 8% visible light and be at least 99% UV protected. Category 4 lenses are ideal. Julbo is a quality brand. Removable side shields make them more versatile for other sections. NOLS Patagonia has Julbo Sherpa, Monterosa, and Tensing glacier glasses for sale. You may also consider a nose shield if you are highly sensitive. Please bring a durable case to protect your glasses as well as Chums or another retainer.
Rock climbing harness	No charge	X	We use Petzl Corax harnesses . This should fit comfortably snug over one or two light layers.
Optional Items			
Chalk bag	X	\$30	You are welcome to bring a chalk bag and extra chalk for the rock climbing section. NOLS Patagonia does not stock chalk bags or chalk for purchase or rent.
Chalk	X	\$10	We have a local company who produces his own chalk.

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	\$5	Useful for all sorts of things.
Hand sanitizer	X	X	Each student will be given a 2 oz. Nalgene bottle of soap for personal use, free of charge. Travel-sized bottles are optional for purchase for your course. Each cook group will have their own hand sanitizer to share in their stove bags.
Headlamp and extra batteries	X	\$40 to 160 (headlamp) \$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 Petzl LED headlamps for sale.
Journal; 2-3 pens/pencils	X	\$19 (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	\$15	Should have at least 30 SPF (sun protection factor) and should be water repellent. Those with zinc oxide offer greater protection and are highly recommended
Lip balm	X	\$5	Should have at least 20 SPF (sun protection factor) or greater. 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	\$1.50	This must be durable. Prefer a size that fits inside of your bowl.
Bowl	X	\$10	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	\$20 to \$25	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
Thermos	X	\$43 to 49	A good quality ½ L or 1L non-breakable thermos to keep water hot.
Watch	X	\$75	Waterproof, with an alarm. Bring your own watch or purchase one from NOLS, we sell Casio watches.
Lighter (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'll need your passport to enter the country. You must retain your Tourist Visa that you'll receive upon entering the country. For more information, see your Travel and Logistics document. Bring an extra photocopy of the identification page to take into the field with you (ideally plasticized).
Optional Items			
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 water bag/drinking tube systems.
Insulated mug	X	\$ 30	Make sure that these are unbreakable! They must withstand boiling water, cold and abuse. Your mug should be at least 12 oz. It's common to use a half-liter bottle in place of an insulated mug.
Trekking poles	X	\$90 to \$140	They are not required but highly recommended. Collapsible poles are easier to pack and carry, especially when bushwhacking.
Camera	X	X	The experience you're about to have is unique and special; preserving memories of this expedition, which will transform you for a long time, is worth it. We truly recommend sharing this experience with family, friends, and other important people in your life. That's why we invite you to bring a waterproof camera—small, lightweight, and with batteries that can withstand the challenging conditions of Patagonia. Bringing a small "point and shoot." The 'action camera' —is a good idea for this expedition. Good option Pentax WG-1000

Knife	X	X	A small, lightweight, single blade is all you will need. A knife with a locking system is highly 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. Again, you need a protective, waterproof container. Instructors often bring these as part of the group gear.
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	\$10	NOLS Patagonia has toasted coffee for sale. You may wish to bring your own
Neoprene socks	X	X	These can be worn inside the plastic boots and should be 2 or 3 mm thick. The thicker models with covered seams (e.g., Deep Sea) offer greatest durability. Avoid socks with zippers or prominent seams, as these will cause blisters and irritation. These socks are available at dive, kayak and windsurfing retail shops. These are socks, NOT hard-soled booties.
Ear plugs	X	\$0.25	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. NOLS Patagonia may offer hand lines for fishing on kayaking sections only. If you are an avid fisher, we strongly suggest that you bring your own gear.

Additional Notes

Please note that small items such as sunscreen, lip balm, tissues, watches, batteries and garbage bags may be cheaper and easier to buy at home than in Chile, but they mean extra weight and there are regulations on some products. You will have one day off during the WFR course and a two-week break between the spring and summer sections, which will be a good opportunity to spend time in the city and do some shopping.

Transition Items

At a couple different points during your time here, you will have the opportunity to pack a small bag of items that will meet you between sections. The majority of these transitions are short, but this is a great opportunity to re-supply items that you use up so that you do not have to carry them all at once. Such items include chocolate, coffee, toiletries and hygiene products, sunscreen, batteries, long underwear, books, and the like. You will review and sort these items with guidance from your instructors, and NOLS will bring them to you as part of your expedition.

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
- Personal soap bottle
- Mountaineering and climbing ropes

Climbing Harness
Mountaineering and climbing hardware and slings
Climbing helmets
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.

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 instep 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.

Rock Shoes Fitting Guidelines

Most rock shoes are versatile enough to handle a wide variety of techniques and situations, but some are better suited to certain techniques than others. If you're a beginner, enjoy climbing different kinds of rock, or want to remain comfortable climbing all day during an extended trip (as on this course), we recommend you stick with an all-purpose shoe.

On this course, you'll often be climbing for a big part of the day, will work on all kinds of techniques, and will primarily benefit from comfort. You need to make sure your shoes are tight enough so that your toes become real points of contact with the rock: you can't have empty space or "extra space" in a rock shoe, like in a street shoe or a mountaineering boot. Rock shoes need to fit like a "second sock." Generally, you will end up with a rock shoe size a full size smaller than your regular shoes.

Keep the following in mind:

- Lace-up rock shoes provide a more snug and adjustable fit, and can be cinched up tight even after your shoes stretch (most rock shoes stretch slightly over time as a result of normal use)
- Look for average to stiff soles
- Roomier toe boxes are more comfortable, and allow you to smear (press your sole against the rock for friction) more effectively
- It's important to find a pair that generally matches your foot shape
- Different rock shoes are designed to perform in different situations
- The only way to know for sure if a rock shoe fits you well is to try it on

A Note for Beginners

Finding a good fit is especially important since learning will be tough on your feet at first. Look for stiff, supportive soles, a substantial rubber rand around the outside, and high-grade leather uppers. Make sure the shoes you buy keep your feet flat and toes straight. Also, look for a semi-rigid sole, one that bends with about as much resistance as a tennis shoe. The stiffness will help you stand on edges and will help you develop your footwork. Opinions vary as to whether or not it's beneficial to wear socks with your rock shoes. Climbing without socks often gives climbers a better "feel" for the rock, and



most modern rock shoes are designed to fit without them. You should take your time and try on a number of styles before you select your shoes.