

Spring Semester in New Zealand

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 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.
- **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?

Please contact one of the following:

E-mail: new_zealand@nols.edu

Web site: www.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.

Purchase price listed is for new gear; used gear will be discounted proportionally according to amount of wear. Gear rental prices are per section (each semester consists of three sections).

Note: All prices are in \$USD. They are subject to change and include a 15.0% 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, and due to shipping delays, NOLS New Zealand may not have all items in all sizes available for purchase or rent.

Upper Body Clothing

You'll need at least 4 insulating layers, plus 1 windproof and 1 rainproof layer, which must fit comfortably over each other so they can all be worn at the same time. If you tend to get cold easily, add the fleece vest in addition to the other 4 layers.

Equipment	Rent	Buy	Notes
Required Items			
Lightweight Long-sleeve Shirt	X	\$118	Mainly for use on hot sunny days as sun protection. We recommend lightweight wool or polyester/cotton blend. (Example: Patagonia Sun Hoody)
Base Layer (Long Underwear Top) (2)	X	\$38-88	Light- or mid-weight long-sleeve top, wool or synthetic.
Fleece Jacket	\$45	\$97-130	Heavier than a base layer top, but lighter than an outer jacket. Aim for material that's fleece, wool, or other synthetic.
Insulated Jacket	\$50	\$275	A warm jacket that fits over your other layers and under your rain jacket. A hood is recommended.
Rain Jacket	X	\$330-500	We only sell rain jackets. 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 or H2No). It is important that you can wear your rain jacket over all your base and mid-layers.
Sports Bra (1-2)	X	X	Synthetic, wool, or silk
Paddle Jacket	\$33-55	\$110-230	A long-sleeved, waterproof jacket with drawstring closure at the bottom and closures at the wrist and neck.
Long-sleeve Neoprene Top	\$44	\$198	A light- or mid-weight neoprene top for use while practicing wet exits, rescues, rolling or to wear while paddling in cold weather. For canoeing and sea kayaking sections. We rent NRS HydroSkin L/S Shirt. (Note: A "farmer john" wetsuit can be used instead of separate neoprene tops & bottoms.)
Personal Floatation Device (PFD)	No charge	X	We have PFDs you can borrow at no charge. If you own one, bring it along. We will check it for suitability and wear at the start of the course.
Optional Items			

Wind Shirt	\$17	\$90	A lightweight, breathable, durable nylon wind shell. Pullover or zip-up style
Insulated Vest	X	X	Lightweight fleece or other synthetic
Wetsuit	\$55	\$195	This is an expensive item, so if you do not already have one, we recommend renting one of ours. We suggest a full-body wetsuit of 3mm thickness (NRS' Farmer John wetsuit is an example). Alternatively, pants and a long-sleeve top made of 3mm neoprene are acceptable.

Lower Body Clothing

You'll need 2 lower insulating layers plus 1 pair of shorts, 1 wind layer and 1 waterproof layer, which must fit comfortably over each other so they can all be worn at the same time. If you get cold easily, or if you are on a semester that starts in September, you may want to bring a pair of insulating pants as a third layer.

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

Required Items

Long Underwear Bottoms (2 pairs)	X	\$44-88	Mid-weight synthetic or wool bottoms.
Nylon Shorts	X	X	Loose-fitting nylon athletic shorts. Should be quick-drying.
Nylon Pants	\$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	X	\$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 (2-3 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.
Neoprene Bottoms	\$44	\$190	Light- or mid-weight neoprene pants for use while practicing wet exits, rescues, rolling or to wear while paddling in cold weather. For

			canoeing and sea kayaking sections. We rent NRS HydroSkin Pants. (Note: A “farmer john” wetsuit can be used instead of separate neoprene tops & bottoms.)
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
Required Items			
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.
Sleeping Pad	X	\$165-200	Used for padding and insulation between sleeping bag and ground. Foam pads must be closed-cell and at least 3/8 inches thick. If you bring an inflatable pad, make sure to bring a repair kit so you can patch it if it gets holes. The only sleeping pads that we rent are closed-cell foam; inflatable pads are for purchase only.
Optional Items			
Sleeping Pad Stuff Sack	\$6	\$44	Stuff sack to pack and protect sleeping pad
Head, Neck, and Hand Layers			
Equipment	Rent	Buy	Notes
Required Items			
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. Flexible fabric is recommended over straw or other stiff materials, which are hard to pack. A nylon model will dry more quickly, but canvas works well. Avoid hats made from Gore-Tex or plastics, as they get too hot.

Fleece or Wool Hat (1-2)	X	\$22	Warm hat for cold weather that should cover your ears. We recommend wool or fleece.
Fleece or Wool Gloves	X	\$19-28	Lightweight, synthetic, fleece or wool.
Neoprene Paddling Gloves	\$16	\$66	Multi-purpose for paddling, cold weather and bushwhacking.
Optional Items			
Mosquito Headnet	X	\$16	A light, nylon head net
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.
Liner Gloves	X	\$19.50	Lightweight, synthetic, fleece or wool glove liner.
Rain Hat	\$15	\$68	Waterproof, large-brimmed, and with a chinstrap for windy days.
Packs and Bags			
Equipment	Rent	Buy	Notes
Required Items			
Backpack	\$55	\$305	Our packs are large Deuter expedition models, with a volume of 80–100 liters. We recommend you rent one of these packs. If you bring your own pack, it must have a volume of 80–110 liters. Your instructors will examine it to determine its suitability for your course and route.
Mountaineering Backpack	\$70	X	We have a set of Osprey backpacks specifically designed for the mountaineering sections. These packs are 90 - 100L. If your course has both the mountaineering and the hiking section, then you will get issued both a mountaineering backpack and a hiking backpack.
Small Stuff Sacks (1-2)	\$5	X	Small nylon or mesh sacks for organizing gear in your pack. These should be between 2- and 5-liter capacity.
Plastic Trash Bags (2-3)	X	\$3	For lining stuff sacks, sleeping bags, and day bags to make them more waterproof.

Heavy duty trash bags (2-3)	X	\$4.50	Heavy-duty, extra large lawn-and-garden bags for lining and waterproofing backpacks and other bags. These are thicker and more durable than normal trash bags.
Boat Bag	\$13	X	For water sections: Used to carry gear to and from the boats and act as a “closet” on the beach. We recommend that you rent this item from NOLS, as they are made specifically for our courses.
Optional Items			
Day Dry Bag (1-2)	\$14	\$38-50	A heavy duty, waterproof 10 - 20L dry bag to carry accessible items (camera, sunscreen, snacks) in your boat. Needs to be fully welded and extremely durable; lightweight dry sacks are not suitable. We recommend you rent ours.
Footwear			
Equipment	Rent	Buy	Notes
Required Items			
Hiking Boots	X	X	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.
Socks (3-5 pairs)	X	\$15-30	Mid to heavyweight. You may prefer socks of different thickness for different activities (ex. for travel during the day and wearing at night in your sleeping bag).
Camp Shoes	X	\$75	Comfortable shoes to change into in camp. Must be closed-toe. Lightweight and quick-drying running shoes or Crocs (without holes) work well.
Water Shoes	X	X	A sneaker or closed-toe river shoe. Will protect your feet when walking in the water or on shore. We strongly recommend a shoe with a thick, sturdy sole. Buckles or laces are more reliable than Velcro options.
Gaiters	X	\$60-130	Boot attachment that protects the ankle and shins from snow and dirt. Must be durable and

			large enough to fit over boots. Lightweight trail-running gaiters are not recommended.
Optional Items			
Liner Socks (1-2 pairs)	X	\$15	Lightweight wool or synthetic “wicking” socks. You will need at least two pairs if you are using a liner sock/wool sock combination in your hiking boots.
Neoprene Socks	\$16	\$55	For canoeing and sea kayaking sections. (Example: SealSkinz All Season Waterproof Socks)
Insoles	X	X	To be used with 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.
Miscellaneous Items			
Equipment	Rent	Buy	Notes
Required Items			
Bandana (2)	X	\$5.50-15	Useful for various purposes.
Lighter	X	\$3.50	For lighting your camp stove.
Bowl	X	\$11	Durable and able to handle hot liquids. A screw-on or snap-on lid is useful.
Spoon	X	\$2.50-25	Lexan spoons are light, durable and popular.
Water Bottle	X	\$16-22	Bring durable plastic bottles. Wide mouths are convenient.
Lip Balm (1-2)	X	\$4.50	Stick, cream, or tube-type moisturizing balm, SPF 15 or greater
Sport Sunscreen (3)	X	\$5.50	A 3- to 6-oz. tube, SPF 30 or greater. Please note 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 (3-6 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 (3)	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. NOLS New Zealand provides towels, shampoo and soap for showers. 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.
Watch	X	\$45	Durable and waterproof, with an alarm feature.
Insect Repellent	X	\$20	Small bottles; no aerosol spray cans or Deet based spray.
Optional Items			
Insulated Thermos	X	\$55	12- to 20-oz. insulated mug with a lid. 16 oz. Nalgene water bottles can also function as a mug.
Hydration system/ Hydration Dromedary	X	\$38 - 77	Portable bag with drinking tube (ex. Platypus or CamelBak). We recommend and sometimes require having a backup water bottle in case the bag is damaged.
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.
Knife or Multi-Tool	X	\$35-50	A small knife is sufficient; simple folding knives are popular.
Trekking Poles (1-2)	X	\$138/ pair	Used for supporting weight while hiking. Should be sturdy and adjustable.
Camp Chair	X	\$60-82	Folding foam camp chair that you can pack easily in a backpack.
Sit Pad	No charge	X	A simple piece of closed cell foam that makes sitting on the ground more comfortable. Much lighter-weight than a camp chair.
Binoculars	X	\$110	Small and travel-sized
Dry Box	X	\$38	For protecting a camera, binoculars, etc. that you want to stay 100% dry.
Envelopes and International Stamps	X	\$0.40-2.60	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.

Canoe Gear

Only for courses with canoeing.

The following equipment is only required if your semester includes a Canoe section. NOLS provides paddles, helmets and other canoeing-specific equipment; in addition to the items above, you will also need to rent or bring the following.

Equipment	Rent	Buy	Notes
Required Items			
Paddle Pants	\$27	\$100	Waterproof nylon pants to wear over neoprene bottoms to protect them and to add warmth.
Bill's Bag	\$33	X	Monster 110 L dry bag with carrying straps for storing all your personal gear in the canoe. We recommend you rent ours.
Optional Items			

Accessory Carabiners (1-2)	X	\$2.50	Useful for clipping water bottles and camera cases into the canoe.
Skull Cap	\$11	\$44	A snug warm hat that fits under a helmet.

Sea Kayaking Gear

Only for courses with sea kayaking.

The following equipment is only required if your semester includes a Sea Kayak section. NOLS provides paddles, spray skirts and other kayaking-specific equipment; the following two items are optional and would only be used on the Kayak section.

Equipment	Rent	Buy	Notes
Optional Items			
Pogies	\$16	\$82	Neoprene mitten-like hand covers that fit over a paddle shaft for cold, wet days on the water. These are warmer than neoprene gloves.
Beach Sandals	X	X	Rubber sandals with a heel strap. Alp, Teva, and Chaco are common brands.

Mountaineering Gear

Only for courses with mountaineering.

The following equipment is only required if your semester includes a Mountaineering section. Please remember to read the Hiking Boot Selection Guide carefully to determine appropriate footwear for Mountaineering.

Equipment	Rent	Buy	Notes
Required Items			
Mountaineering Boots	\$80	X	Double plastic boots (insulated inner bootie plus plastic outer shell) are required for most courses for their warmth, water resistance, and drying time. These should fit comfortably with 1-2 pairs of wool socks. We recommend using NOLS' boots.
Mitten Shells	\$33	\$100	Lightweight, water-repellent nylon shells that fit over mittens or gloves
Helmet	No charge	X	Lightweight adjustable mountaineering helmet, UIAA approved, must be in great condition. We recommend that you rent the mountaineering helmet that NOLS provides at no additional charge.
Harness	No charge	X	We provide helmets for you to use at no charge. If you own one that you'd like to use,

			bring it along and we will check it for suitability and wear at the start of the course.
Alpine Mittens	X	\$100	Synthetic, insulated mittens. Because you are likely to be spending more time in the snow, bring an extra pair of mittens or gloves. Make sure your liners; gloves and shells can all be worn at once.
Wraparound Sunglasses	X	\$220	These should transmit no more than 8% visible light and be at least 99% UV protected. Fit them so that the minimum amount of light gets in past your cheeks, nose, and forehead. Removable side shields make them more versatile.

Optional Items

Sleeping Bag Liner	X	X	Goes inside your sleeping bag for extra warmth. Or you can sleep in this rather than your sleeping bag on hot nights
Extra Sleeping Pad	X	\$30	Sleeping on ice and snow can be cold. You may want to carry a second sleeping pad; for example, if you use a Therm-a-rest during Backpacking, double up with a closed cell foam pad on mountaineering. The extra weight may be worth the warmth.

Sailing Gear

Only for courses with sailing.

The following equipment is only required if your semester includes a Sailing section. Nearly all the equipment you'll need for coastal cruising will be items you've used on the other sections.

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

Required Items

Rubber Boots	\$17	X	Rubber mid-calf galoshes worn when sailing in cold weather or on shore 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.
--------------	------	---	---

In-town Clothing

You will need some clothes to wear at campus, during the cultural section and when traveling to and from New Zealand—i.e., 2-3 days of clean casual “in-town” clothes and

a clean pair of shoes or sandals. These should be separate from any clothes that you take with you on any field sections.

Equipment	Rent	Buy	Notes
Clean underwear (2-3 sets)	X	X	While you don't necessarily need them in the field, it is nice to come back to a clean pair.
Town clothes (2-3 sets)	X	X	T-shirt, jeans, sweatshirt, skirt, etc. It may be hot and sunny at our campus or it may be windy and cold. Bring some non-field clothes to wear in-town.
Shoes	X	X	The shoes you wear in the field will be grubby and stinky when your semester ends. A pair of flip-flops or lightweight tennis shoes will be nice to have.
Toiletries	X	X	We provide towels, shampoo and soap for showers at the base. You may want to bring extra toiletries such as moisturizer, a brush, q-tips, a razor or deodorant.

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 for group equipment that gets lost or damaged. NOLS evaluates gear from a number of perspectives beyond those that an individual user might consider. Institutional performance, durability, and simplicity are all factors we consider when we select our gear. We anticipate general wear and tear, but hold users responsible for misuse or loss of group gear.

- Tents and shelters
- Maps and compass
- GPS
- Camp stoves
- Reference books
- Fuel and fuel bottles
- Cooking gear
- Trowels or shovels
- Water treatment
- Equipment repair kits
- Fishing equipment (note: not fly fishing gear)
- Canoes and accessories
- Sea kayaks and accessories

Sailing yachts
Climbing ropes and gear
Climbing harnesses
Helmets
Avalanche transceivers
Ice axes

First Aid:

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

Hiking Boot Selection Guide

Selecting the right boots is an important part of preparing for your NOLS course. We want you to have footwear that provides adequate protection for your feet, that is durable enough to withstand weeks of rugged wear, and that provides reasonable comfort. Many boots and shoes available on the market do not meet these criteria. Boots that are very new and not broken in may cause blisters; old boots may fall apart during a long expedition. Additional factors to consider are how heavy your pack is and how strong your ankles and feet are.

When considering footwear, remember that your course will travel mostly off trail in snow, scree, boulders, mud and high grass. Your feet will definitely get wet regardless of your boots and gaiters being marketed as “waterproof.”

For semesters with a Backpacking section (no Mountaineering)

Features of a suitable mid-weight hiking boot:

- A sole that provides good traction and a stepped-heel for traction in steep terrain
- Durable uppers that will withstand hiking among sharp boulders and dense vegetation; leather or Gore-Tex are both fine materials
- Over-the-ankle design; short boots or trail runners are not suitable
- A comfortable fit with your preferred hiking socks. Boots that are too small are a common cause of blisters. When in doubt, go a size larger than you think you need.

Boots in this category include, but are not limited to, the following:

Asolo: TPS Series, Powermatic Series, Moran GTX, Flame GTX, Synchro GTX

Lowa: Ticam GTX, Tibet Pro GTX, Baffin Pro

La Sportiva: Thunder II GTX, Garnet GTX, Omega GTX, Pamir

Vasque: Wasatch GTX, Summit GTX, Sundowner GTX, Clarion GTX, Bitterroot GTX, Taku GTX

Scarpa: SL Active, Kinesis series, Kailash GTX, Bhutan GTX, Terra GTX

For semesters with both Backpacking and Mountaineering sections

You may be able to bring a pair of heavyweight hiking boots that will work for both your Backpacking and Mountaineering section. In some cases, you will not be able to wear heavyweight-hiking boots during Mountaineering; we will require you to wear plastic mountaineering boots. This decision will be made by your instructors based on route, current snow conditions and prevailing weather. Before you purchase a new pair of boots, please consider that you may or may not be required to wear plastic boots for mountaineering.

Features of a suitable heavy-weight hybrid hiking/mountaineering boot:

- Stiff, full-grain leather upper sewn onto a deep lugged Vibram rubber sole
- These boots are initially quite stiff, with very little, if any, flex in the sole
- Crampon-compatible—i.e., rigid enough that you can securely strap on crampons
- Roomy enough to wear at least two pairs of thick, wool socks
- May be advertised as “3-season alpine climbing boots” or “general mountaineering boots”

Boots in this category include, but are not limited to, the following:

Asolo: Ganesh GV, Khyber GV, Khumbu GV, Makalu GV

Lowa: Vajolet GTX, Cevedale GTX

La Sportiva: Karakorum, Trango series, Makalu

Scarpa: Manta, Cristallo GTX, Charmoz GTX

Mammut: Monolith GTX, Appalachian 3S GTX

If you already own a pair of plastic mountaineering boots and are considering bringing them, please contact us to discuss.