

詳細は変更となる場合がありますので、参考資料としてください。

## Equipment List

# Yukon Week Long Backpacking

## National Outdoor Leadership School

For Waseda University (Summer 2011)

**Welcome to NOLS!** We have designed this list to help you decide what to bring on your course. Please take the time to read the following information carefully before making equipment choices.

Equipment selection and care is an essential wilderness skill, and there is a bewildering variety of equipment on today's market. We urge you to be careful about expensive pre-course purchases. Because you will have a better understanding of your equipment preferences after your NOLS course, we recommend renting from NOLS rather than purchasing expensive gear in advance. Gear rental will provide you with the opportunity to test specific items and will help you make more informed purchases. If you purchase major items, leave the tags on and keep the receipts in case you want to return them.

It can be confusing to know what is the best gear to use for your course before you experience the expedition. Varied personal desires make it difficult to suggest one perfect equipment list. Knowledge of the right equipment systems is a product of experience – we do not expect you to know exactly what to bring. For this reason, we have provided a complete list below with explanations of use, what to look for when buying an item, and some brand suggestions. When in doubt, please call the branch that your course will take place and we can give you more personal advice.

NOLS Yukon has a fully functional gear room complete with almost all the gear you will need for the course. This gear has been selected to meet the exact needs of your course. It may result in less confusion and purchasing inappropriate gear to wait until you are at NOLS Yukon and with your specific instructors to buy or rent the right gear. After your course you can buy the rental gear you liked, and/or will have the experience to go out and get the equipment that best suits your needs for future endeavors. As a non-profit, all our prices are competitive and the money you spend goes toward providing wilderness leadership opportunities for others.

Of course, you are welcome to bring gear you already own. Please try to match your selections as closely as possible to the items described in the following list. Your instructors will inspect all of the gear you bring to determine if it is suitable for your course's specific route and anticipated weather. If an item is not approved, you can leave it with your luggage. You may be asked to rent or purchase gear from our outfitter department to round out what you brought with you. **Your instructor team and route will ultimately determine which gear is best for your expedition.**

If you wish to buy gear before your course, consider our preferred retailers. The staff at these stores is familiar with the equipment required for a NOLS course. Please ask the NOLS admission office about Preferred Retailers in your area or visit our web site at [www.nols.edu](http://www.nols.edu).

NOLS accepts credit (no debit cards), you are advised to bring cheques, cash, travelers cheques or a major credit card. Your final equipment cost will vary according to how much gear you rent and/or purchase from NOLS, and if there are any charges for lost or damaged gear. As a benchmark, personal rentals and purchases on a similar length course in 2008, ranged from C\$50 to C\$450, with the average being ~C\$250. You may also request for NOLS to send you a bill after your course.

At the end of a course, students can purchase new and used equipment. NOLS offers substantial discounts for used equipment and the rental fee will be applied towards purchase. Please note that **rental and purchase prices are subject to change.**

If you have any questions or if you would like more information regarding any of the items in the equipment list, please contact NOLS Yukon 867-668-3578 or visit our web site at [www.nols.edu](http://www.nols.edu).

Note:

今回はギアに関する一定のデポジットは徴収しません。ただし、レンタルしたもの、また団体装備を個人で紛失したり、壊したりした場合には、現地で実費をお支払いいただきます。もしくは、破損者が不明の場合、または団体行為での破損、紛失の場合には、団体責任となり、費用をグループで分割して負担することになりますので、予めご了承ください。またNOLSでは、装備をレンタル、もしくは購入する場合は（上記の紛失、破損の補償も含む）、全て支払いは現金、クレジットカード（VISA、MASTERCARDのみ）もしくはトラベラーズ・チェック（カナダドル）となります点もあわせてご了承ください。NOLSでは、必要装備以外に、お土産、記念として帽子やT-shirts、水筒など購入される可能性があります。よって、現金、TCはレンタル費なども予定に入れて、最低でも 500（カナダ）ドル以上持参されることを薦めます。注）装備の破損については、海外旅行傷害保険が適用できる場合もあります。

Item availability:           **Available at NOLS** – Can be rented or purchased from NOLS Yukon if you choose to not bring from home.  
   **Must Bring:** Not available from NOLS; bring from home.  
   **Optional:** Item is not needed but may be desired

Upper Body Layers					
<p>We layer our clothing, combining different garments to achieve optimum insulation and protection from wind, rain and snow. The upper garments listed here are either synthetic or wool, which insulate when wet, or nylon or Gore-Tex® which help prevent heat loss by cutting wind, rain and snow. You will need 3-4 insulating layers, plus a wind and a rain layer. All must fit comfortably over one another so they may be worn simultaneously. With the exception of your t-shirt,</p>					

cotton and cotton blends are unacceptable as cotton offers poor insulation when wet. During the river travel, it is useful to have one under layer, which will get wet, for the river and a second under layer, which will be dry, for camp.					
<b>Equipment</b>	<b>Rental Price</b>	<b>Purchase Price</b>	<b>Qty</b>	<b>Comments</b>	<b>Check List</b>
Under Layer (Mid-Weight Synthetic)	Purchase Only	Available at NOLS C\$35-40	2	Mid-weight underwear top made of wool, polypropylene, or Capilene®. Zip turtleneck styles are a good choice for comfort and the ability to vent.	
Secondary or Middle Layer (Fleece Pullover)	Purchase Only	Available at NOLS C\$35-50	1-2	There are many options for middle layers. Some are inherently warmer than others. If you tend to get cold, choose a heavier layer or 2 middle layers. Expedition weight underwear, polyester fleece pullover of Polartec® 100 or 200, or a wool sweater are all appropriate.	
Top Layer (Fleece or synthetic puff Jacket)	Available at NOLS C\$12	Available at NOLS C\$85 - 190	1	Heavyweight, full-length zip fleece (Polartec® 300) or synthetic puff jacket (polyester). Must fit comfortably over your other insulating layers.	
Fleece Vest	Available at NOLS C\$5	Available at NOLS C\$50-60	1	<b>Optional.</b> A polyester fleece vest of Polartec® 200 or a synthetic filled vest. This is an additional layer	

				if you tend to be cold. It should not be substituted for any of your 3 insulating layers.	
<b>Upper Body Layers (cont.)</b>					
<b>Equipment</b>	<b>Rental Price</b>	<b>Purchase Price</b>	<b>Qty</b>	<b>Comments</b>	<b>Check List</b>
Wind Shirt / Anorak *	Available at NOLS C\$12	Rental Only	1	A lightweight, breathable, durable nylon wind shell, pullover or parka style, that fits comfortably over all your insulating layers. We strongly recommend a hood. There are many styles out there – this item is meant to be worn while hiking or in windy conditions where a Rain Jacket would be too hot.	
Rain Parka*	Purchase Only	Available at NOLS C\$110-160	1	Sturdy, roomy waterproof jacket with a hood. Both coated nylon and breathable fabrics such as Gore-Tex® are acceptable. Consider the balance between a lightweight jacket that still seems durable to withstand abrasion. “3-ply” fabric is suggested.	
T-Shirt	Purchase Only	Available at NOLS C\$29	2	<b>Optional.</b> A cotton or lightweight polyester/Capilene T-shirt. NOLS Yukon logo cotton T-shirts for sale.	
Our advice? Bring the fleece jackets and mid-layers you think might work. We'll advise you					

on the best combination for your course, the season and area. We also have a wide selection at NOLS Yukon and can get you the right layers when you get here.					
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<b>Lower Body Layers</b>					
You will need 2 synthetic insulating layers plus a wind layer. Most students are comfortable with a mid-weight primary (or base) layer and an expedition weight second layer. Both must fit comfortably over each other so that they can be worn at the same time. If you tend to get cold easily, bring a pair of fleece pants for your second layer.					
<b>Equipment</b>	<b>Rental Price</b>	<b>Purchase Price</b>	<b>Qty</b>	<b>Comments</b>	<b>Check List</b>
Primary Layer (Mid-Weight Synthetic)	Purchase Only	Available at NOLS C\$30-40	1-2 pair	Mid-weight bottoms of high performance polyester, wool, polypropylene, or Capilene®. Cotton and cotton blends are not acceptable.	
Second Layer (Exp.-Weight Synthetic)	Purchase Only	Available at NOLS C\$40-50	1 pair	Expedition weight bottoms that fit comfortably over the under layer.	
<b>Lower Body Layers (cont.)</b>					
<b>Equipment</b>	<b>Rental Price</b>	<b>Purchase Price</b>	<b>Qty</b>	<b>Comments</b>	<b>Check List</b>

Fleece Pants	Available at NOLS C\$12	Available at NOLS C\$50	1 pair	<b>Optional.</b> Choose to bring these or a pair above depending on how cold you get. Polartec® 200 or equivalent. Side zippers make it easier to put pants on over boots.
Wind Pants*	Available at NOLS C\$22	Available at NOLS C\$70	1 pair	Breathable nylon wind pants, roomy enough to fit over all lower body garments. Gore-Tex® pants are acceptable and can double as rain pants. Zippered legs will help you slip your pants on over boots. We recommend that you rent wind pants from us. NOLS has a custom design that includes zippered legs and reinforced patches at points of wear. They are frequently the one item students will purchase after their course.
Rain Pants*	Purchase Only	Available at NOLS C\$70-120	1 pair	Sturdy, roomy waterproof pants made of coated nylon or Gore-Tex®.
Briefs/Sports Bras	Purchase Only	Available at NOLS C\$25-40	1-4 pair	<b>Optional.</b> Silk and synthetic are best as they wick away moisture and dry quickly. We recommend that men go without underwear and use nylon athletic shorts with liners. We recommend women bring 3-4 pair of underwear and non-cotton

				sports bras.	
Our advice? Bring the synthetic or wool long johns or exercise pants you think might work. We'll advise you on the best combination for your course, the season and area. If you are unsure, wait to get the right layers at NOLS Yukon with the advise of your instructors.					

<b>Head, Neck and Hand Layers</b>					
<b>Equipment</b>	<b>Rental Price</b>	<b>Purchase Price</b>	<b>Qty</b>	<b>Comments</b>	<b>Check List</b>
Sun Hat	Purchase Only	Available at NOLS C\$25	1	To protect ears and face from the sun. Baseball caps are available for sale.	
<b>Head, Neck and Hand Layers (cont.)</b>					
<b>Equipment</b>	<b>Rental Price</b>	<b>Purchase Price</b>	<b>Qty</b>	<b>Comments</b>	<b>Check List</b>
Wool or Fleece Hat (Toque)	Purchase Only	Available at NOLS C\$10-30	1	Warm hat made of wool or fleece. If you are using a hat instead of a balaclava, we recommend you bring a fleece neck gaiter for extra insulation.	
Balaclava/ Neck Gaiter or Scarf	Available at NOLS C\$5	Available at NOLS C\$25	1	Balaclavas are full head and neck coverings that have an opening for the face. They are usually made out of Polartec® 100 or 200 fleece. Neck Gaiters are wool or fleece. A large wool or synthetic scarf will also work	

				and offers great bug protection.	
Mosquito Headnet	Available at NOLS C\$3	C\$10	1	<b>Optional.</b> Light, nylon headnet with a drawstring. A high quality weave is worth its weight in gold. You do NOT require BOTH a bug jacket and mosquito headnet.	
Wool or Fleece Gloves	Purchase Only	Available at NOLS C\$10-30	1 pair	Ragg wool or synthetic (fleece).	
Wool or Fleece Mittens	Purchase Only	Available at NOLS C\$10-30	1 pair	<b>Optional.</b> Ragg wool or synthetic (fleece). If you tend to have cold hands, bring both gloves and mittens.	
Mitten Shells	Available at NOLS C\$12	Rent Only	1 pair	<b>Optional.</b> These are nylon shells that fit over your mittens or gloves. Depending on route and weather conditions, your instructors may require mitten shells. The NOLS mitten shells are not waterproof.	
Our advice? As long as they're not cotton, bring your gloves and mittens and we'll see if they'll work. You may need one pair, or depending on the weather, you may need two pairs. Also bring head layers that you like and we will help you pick the appropriate combination.					

<b>Packs</b>					
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Equipment	Rental Price	Purchase Price	Qty	Comments	Check List
Backpack	Available at NOLS C\$45	Available at NOLS C\$220-450	1	<p>Our packs are large, expedition models with a volume of 6300 to 7000 cubic inches (95-110 L). If you are planning to purchase a pack, it must meet this volume requirement to be suitable for a course. A 5000-6000 cubic inch pack may be acceptable with the addition of two large side pockets. Recommended packs include: NOLS/Lowe Alpine, Dana Designs Astraplane, Osprey Motherlode, Lowe Alpine Kanga Himal 100, Gregory Denali, North Face Aurora, Arc'Teryx Bora 95 and other packs of similar quality and capacity. If you do not already own a pack we recommend you rent one from us. If you bring your own, your instructors will examine it for suitability. If you own an external frame pack with a top extension bar and a minimum volume of 3500 cubic inches it may be suitable for your course. We do not recommend buying an external frame pack for your course. We have used internal frame</p>	

				packs for sale.	
Zip (Duffel) Bag	Available at NOLS C\$3	Rental Only	1	<b>Optional:</b> A lightweight medium-sized zippered nylon bag (approx. 12" x 24") with handles, is sometimes used as part of our packing system.	
Small Stuff Sacks (Ditty Bags)	Available at NOLS C\$3	Rental Only	2 or 3	<b>Optional.</b> 2 or 3 small nylon or mesh sacks for organizing items in your pack.	
Our advice? An expedition backpack is a major purchase. If you don't already own one, we think you should use ours, gain some experience, then make an informed decision on your needs.					

<b>Sleeping Bag and Pad</b>					
<b>Equipment</b>	<b>Rental Price</b>	<b>Purchase Price</b>	<b>Qty</b>	<b>Comments</b>	<b>Check List</b>
Sleeping Bag	Available at NOLS C\$50	Available at NOLS C\$115-160	1	Synthetic-filled bags (Quallofil®, Hollofil®, Polarguard®, etc.) perform well in the variety of conditions we encounter. A bag with approximately 3 pounds of fill rated to 5° or 10° F and having 6-8 inches of loft is required. Much lighter down bags are for sale only and can work well if cared for and stored in a waterproofed stuff sack.	
Compression Stuff Sack	Available at NOLS C\$4	Available at NOLS C\$35	1	Makes it easier to get your sleeping	

				bag and other gear into an internal frame pack.	
Plastic Trash Bags	Purchase Only	Available at NOLS C\$1	2-4	Heavy-duty 3-mil contractor/compact or bags (33 gallon) to help waterproof your sleeping bag and backpack. NOLS has the most durable liners available in the issue room.	
Sleeping Pad or Therm-a-Rest®	Available at NOLS C\$5	Available at NOLS C\$50-110	1	A full-length, closed-cell foam pad or a Therm-a-Rest® provides insulation and padding between the ground and your sleeping bag. If you bring a Therm-a-Rest® bring along a repair kit in case of damage. (Therma-Rests® are available for sale)	
Sleeping Pad Stuff Sack	Available at NOLS C\$2	Rental Only	1	A nylon tubular sack to protect your pad from aggressive willows while bushwhacking.	
Our advice? A sleeping bag is another major purchase. If you don't already own one, we think you should use ours, gain some experience, then make an informed decision on your needs.					

<b>Miscellaneous Items</b>					
<b>Equipment</b>	<b>Rental Price</b>	<b>Purchase Price</b>	<b>Qty</b>	<b>Comments</b>	<b>Check List</b>
Insulated Mug	Purchase Only	Available at NOLS C\$7	1	12 oz to 20 oz. insulated mugs with lids are	

				preferred.	
Bowl	Purchase Only	Available at NOLS C\$4-15	1	A bowl with a snap-on lid is preferred.	
Spoon	Purchase Only	Available at NOLS C\$2-8	1	Lexan spoons are light, durable and popular. Metal works well, too.	
Water Bottle	Purchase Only	Available at NOLS C\$10-20	1	A wide mouth quart or liter size plastic or metal drinking bottle.	
Lip Balm	Purchase Only	Available at NOLS C\$3	1	Stick, cream, or tube type moisturizing balm with sun protection factor (SPF) 15 or greater.	
Sunscreen	Purchase Only	Available at NOLS C\$10-15	1	A 3 to 6 ounce tube with sun protection factor (SPF) 15 or greater.	
Bandannas	Purchase Only	Available at NOLS C\$2-7	1 or 2	A few cotton bandannas are always handy.	
Sunglasses	Purchase Only	Available at NOLS C\$35-110	1 pair	Lenses should block 100% ultraviolet and 95% infrared light.	
<b>Miscellaneous Items (cont.)</b>					
<b>Equipment</b>	<b>Rental Price</b>	<b>Purchase Price</b>	<b>Qty</b>	<b>Comments</b>	<b>Check List</b>
Head-Lamp/Flashlight	Purchase Only	Available at NOLS C\$35	1	Although the Yukon is the Land of the Midnight Sun, we recommend a light source for courses with late July and August start dates. Durable and lightweight. Head lamps are popular. Bring spare batteries.	
Disposable Lighters	Purchase Only	Available at NOLS C\$2	2	Use for lighting your camp stove.	
Toilet Articles	Must Bring	Must Bring	1	Toothbrush, toothpaste, comb, brush, skin lotion,	

				tampons. Travel sizes are perfect.	
Insect Repellent	Purchase Only	Available at NOLS C\$5-12	1 or 2	<b>Optional.</b> 1-2 small bottles. No aerosol spray cans.	
Watch	Must Bring	Must Bring	1	A watch with an alarm is a needed feature. You may have the opportunity to go off watches, but you will need one to develop routine.	
Notepad And Pen	Purchase Only	Available at NOLS C\$4-15	1	A small, lightweight pad is important for notes and keeping a journal.	
Sunglass Retainers	Purchase Only	Available at NOLS C\$5-12	1	Chums® or Croakies® for keeping track of your glasses.	
Glasses and Contact Lenses	Must Bring	Must Bring	1 or 2 pairs	Bring a spare pair.	
Pocket Knife	Optional	Optional	1	<b>Optional.</b> A small knife is sufficient; simple knives are best.	
Water Filter	Optional	Optional	1	<b>Optional.</b> NOLS supplies chlorine based chemical treatment for backcountry water disinfecting. If you are sensitive to common methods of treatment, bring a water filter.	
Insoles	Optional	Optional	1 pair	<b>Optional.</b> An after market insole such as Spenco Polysorb, Superfeet or Montrail Stabilizing Insoles can provide arch support, stabilize your foot and heel, add cushion and help volume adjustment.	
Backpacker's Camp Chair	Purchase Only	Available at NOLS C\$40-45	1	<b>Optional.</b> Crazy Creek® and Therm-a-Rest® make lightweight collapsible chairs.	

				Although some students would argue that this is an essential item, there are other options for sitting comfortably in the backcountry.	
<b>Miscellaneous Items (cont.)</b>					
<b>Equipment</b>	<b>Rental Price</b>	<b>Purchase Price</b>	<b>Qty</b>	<b>Comments</b>	<b>Check List</b>
Adjustable Trekking Poles	Purchase Only	Available at NOLS C\$90-120	1 pair	<b>Optional.</b> Can reduce stress on your knees. Should be sturdy 2-3 section telescoping models as you will need to lash them to your pack in some situations. Optional but recommended.	
Book	Must Bring	Must Bring	1	<b>Optional.</b> A small paperback can be a worthwhile luxury item. We will also have a library on the expedition.	
Vitamins	Must Bring	Must Bring		<b>Optional.</b> Although our ration system is designed to provide a variety of foods with adequate nutrition, a multivitamin gives you extra insurance.	
Camera	Must Bring	Must Bring	1	Modern lightweight 35 mm cameras take good quality pictures that will be lifetime reminders of your adventures in the Yukon.	
Our advice? While some extra items are definitely worth their weight, bringing all the optional gear would really be too					

much. Think hard and make choices that are most likely to increase the positive outcomes of your expedition.					
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<b>Footwear</b>					
<b>Equipment</b>	<b>Rental Price</b>	<b>Purchase Price</b>	<b>Qty</b>	<b>Comments</b>	<b>Check List</b>
Socks	Purchase Only	Available at NOLS C\$10-18	4-5 pairs	Heavy ragg wool or heavy wool/synthetic blend.	
Liner Socks	Purchase Only	Available at NOLS C\$5-10	1 pair	<b>Optional.</b> Lightweight wool, polypropylene or Capilene® “wick dry” socks.	
Boots	Must Bring	Must Bring	1 pair	Sturdy leather heavy backpacking or light mountaineering boots with good ankle support and proper fit are critical for hiking on uneven terrain with heavy expedition packs. Fitting your boots with two thick pairs of socks will add an extra layer of cushioning to help prevent blisters. A thick pair for cushioning and a thin liner for reducing friction would also be an appropriate sock combination.	
<b>Footwear (cont.)</b>					
<b>Equipment</b>	<b>Rental Price</b>	<b>Purchase Price</b>	<b>Qty</b>	<b>Comments</b>	<b>Check List</b>
Gaiters	Purchase Only	Available at NOLS C\$30-80	1 pair	Must be knee high and durable. Outdoor Research, Black Diamond, Granite Gear, Rocky Mtn. High, Powder Line and	

				Mountain Hardware all manufacture suitable gaiters.	
Camp Shoes	Purchase Only	Available at NOLS C\$30-35	1 pair	Running, tennis, or cross-training athletic shoes, in good condition to wear in camp and on short excursions without your pack. We recommend you avoid expensive specialty shoes. Water resistant (closed toe) Holey Soles are available for purchase and are a functional and lightweight camp shoe option.	
Galoshes	Available at NOLS C\$5	Rental Only	1 pair	<b>Optional.</b> Lightweight mid-calf length rubber galoshes that fit over your camp shoes. These may be required for some courses, depending on weather and route. We recommend you rent them.	
Our advice? Your boots will be a critical piece of gear. If they're not sturdy, don't provide enough support or don't fit properly with at least a liner and a wool sock, we won't let you use them. If you have any doubts about boots, please give us a call. Make sure to give yourself time to break your boots in before the start of your course. This will reduce blisters.					

**RECOMMENDED BOOTS** (NOLS Yukon does not provide hiking boots.)

Medium-weight, off-trail backpacking/light mountaineering boots work best. This type of boot is constructed with a full grain leather upper and typically has a Vibram® rubber sole. Some models utilize an injection molded, composite rubber sole with a randed welt to bond the leather upper to the sole. Both types of sole are acceptable. These boots are designed for extended backpacking, provide good support for off-trail hiking with heavy packs, and usually require less break-in time than heavyweight mountaineering boots.

The following list is not exhaustive and is to be used for suggestions only. The boots listed here should help define what types are acceptable for your course. It is fine to substitute a similar boot for one listed here provided the model you bring is a good quality leather boot designed for extended backpacking expeditions with heavy packs.

**EXAMPLES OF ACCEPTABLE BOOTS\***

\*Please note that boot manufacturers often rename their product line. Visit the manufacturer’s website or contact us if you have questions. Please refer to your enrollment packet for specific boot fitting information.

- Lowa: Tahoe GTX, Tibet GTX, Banff, Montana
- La Sportiva: Latok TRK, Thunder GTX
- Raichle: Mt Peak, Mt Trail
- Scarpa: Delta M3, SL M3
- Vasque: Zephyr, Luna, Wasatch GTX, Sundowner Summit GTX
- Asolo: TPS 520 GV, TPS 535
- Garmont: Dakota, Expedition
- Montrail: Blue Ridge, Torre, Traverse
- Technica: Galaad NB, Galaad SD GTX

**GROUP EQUIPMENT** All items listed below are provided by NOLS and shared among all expedition members. Group equipment is included as part of the course tuition; however, students will be charged for any lost or damaged

Tents & Shelters	Maps & Compass	Water Treatment
Camp Stoves	Reference Books	Pepper Spray (bear repellent)
Fuel and Fuel Bottles	Binoculars	
Cooking Gear	Ice Axes	
Equipment Repair Kits	First Aid Kits	
Trowels or Shovels	Fishing Equipment	