 EQUIPMENT LIST NIDO DE AGUILAS SCHOOL

Welcome to NOLS! We look forward to meeting you. We have designed this equipment checklist to help you decide what to bring on your course. **Please take the time to read the descriptions carefully.**

The checklist on the far-right side of the pages is designed to help you organize what to bring with you and what to rent, or purchase, from us.

We do encourage you to use gear that you already own. Bring a range of items to choose from and your instructors can help you decide which gear to select- that is what your instructors are there for! For example: If you own several upper body layers, but cannot decide whether two mid-weight tops or one mid- weight top plus an expedition weight fleece is the better choice, then bring them all and your instructors will guide you towards a good decision.

**Please note: your instructors will inspect any gear you may have brought with you to determine its suitability for your course**. If an item is not appropriate, you can leave it with your baggage in our storage lockers.

**We have in our Base in Coyhaique some of these items for buy or rent. If you are interested in the prices please, let us know and we will send you the information soon as possible.**

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| **Equipment** | **Qty** | **Comments** | **Check List** |
| **FOOTWEAR** | | |
| **Boots** | **1** | **Sturdy backpacking boots, with good ankle support, and proper fit are critical for hiking on uneven terrain with expedition packs. You must wear two pairs of socks, or a liner sock/wool sock combination. The most common mistake is buying boots, which are too small.** |  |
| **Gaiters/ *Polainas*** |  | **Knee high, durable.** |  |
| **Wool Socks/ *Calcetines Gruesos*** | **1 ó 2** | **Heavy wool/synthetic blend.** |  |
| **Liner Socks/ Calcetines Delgados** | **1 ó 2** | **Optional Lightweight wool, synthetic or Capilene "wick dry" socks. You will need at least two pairs if you are using a liner sock/wool sock combination in your hiking boots.** |  |
| **Camp Shoes** | **1** | **Running, tennis, or cross-training athletic shoes.** |  |
| **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, feel free to give us a call.** | | |  |
| **Our advice? We recommended 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 ranged 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 packs, and usually require less break-in time than heavyweight mountaineering boots.** | | |  |
| **PACKS & BAGS** |  |  | **Check List** |
| **Backpack/ *Mochila*** | **1** | **Our packs are large expedition models with a volume of 85 or 110 liters. If you bring an internal frame pack, your instructors will examine it to determine its suitability for your course and route. It must have a volume of 75 or 85 liters.** |  |
| **Small Stuff Sacks** | **2 or 3** | **Optional. 2 or 3 small nylon or mesh sacks for organizing items in your pack.** |  |
| **Compression Stuff Sack/ *Bolsa de compresión*** | **1 or 2** | **Optional. 1 or 2 small nylon or mesh sacks for organizing items in your pack.** |  |
| **Sleeping Bag/ *Saco de Dormir*** | **1** | **Synthetic-filled bags (Quallofil, Holllofil, Polarguar, etc) perform well in the variety of conditions we encounter on courses. A bag with approximately 3 pounds of fill rated to 20 or 35 F** |  |
| **Trash Bags/ *Bolsas de Basura*** | **1 or 2** |  |  |
| **Inflatable or Closed cell foam Sleeping Pad** | **1** | **Therm-a-rest and Insulmat pads are the best, but also is good alternative a Full -length closed cell foam pad to insulate and pad between the ground and your sleeping bag** |  |
| **Half-pad/ *Media-Colchoneta*** | **1** | **Optional.** |  |
| **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.** | | |  |
| **Our advice? An expedition backpack is a mayor 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** | | |  |
| **BOTTOM BASELAYERS** |  |  | **Check List** |
| **You will need 1 synthetic insulating layer and a wind layer. They must fit comfortably over each other so that they can be worn at the same time.** | | |  |
| **Base Layer (Mid-Weight Synthetic)** | **1** | **Mid-weight bottoms of high performance polyester, synthetic, or Capilene. Cotton and cotton blends are not acceptable.** |  |
| **Nylon Shorts** | **1** | **Optional.** |  |
| **Wind Pants/ *Pantalon Corta Viento*** | **1** | **Breathable nylon wind pants, roomy enough to fit over all lower body layers. We recommend renting NOLS wind pants. They are the most popular piece of equipment NOLS has designed.** |  |
| **Rain Pants/ *Pantalon de Lluvia*** | **1** | **People like rain pants in conjunction with a rain jacket.** |  |
| ***Underwear/Briefs*** | **2 or 3** | **Optional. We recommend men go without underwear, and use nylon shorts with liners. Women can wear what's comfortable; cotton, silk, or synthetics are fine.** |  |
| ***Fleece Pants/ Pantalon Polar*** | **1** | **Optional.** |  |
| **Our advice? Bring the synthetic or wool long johns, and exercise pats you think might work. We'll advise you on the best combination for your course, the season and area.** | | |  |
| **UPPER BODY LAYERS** |  |  | **Check List** |
| **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, which insulate when wet. We avoid cotton, which is poor insulation when is wet. It is common to need 2 insulating layers.** | | |  |
| **Sport Bra or Tank** | **1** | **Women should bring a synthetic sports bra, or a synthetic sports tank.** |  |
| **Synthetic T-shirt** | **1** | **A lightweight polyester, wool/Capilen T-shirt.** |  |
| ***Top Layer (Synthetic or Fleece Jacet)*** | **1** | **Synthetic full-length zip jacket. Fleece or fiberfill jacket of Polartec 300 or equivalent weight.** |  |
| **Wind Shirt/ *Chaqueta Corta Viento*** | **1** | **A lightweight, breathable, durable nylon wind shell in either pullover or parka style. Lightweight nylon exercise jackets usually are not sturdy enough to survive a NOLS course.** |  |
| **Rain Jacket/ *Chaqueta de Lluvia*** | **1** | **A sturdy, roomy waterproof jacket with a hood. Both coated nylon and breathable fabrics such as Gore-Tex acceptable.** |  |
| **Fleece Vest/ *Chaqueta sin Mangas Polar*** | **1** | **Optional. Synthetic.** |  |
| **Our advice? Bring the sweaters, fleece jackets and synthetic you think might work. We'll advise you on the best combination for your course, the season and area. You may store extra items at our base.** | | |  |
| **HANDS, HEAD and NECK LAYERS** |  |  | **Check List** |
| **Liner gloves/ *Guantes Livianos*** | **1** | **Wool or synthetic (fleece).** |  |
| **Nylon Glove Shells/ *Cubiertos de Guantes*** | **1** |  |  |
| **Balaclava/ *Cubre Cabeza Polar*** | **1** | **Optional.** |  |
| **Neck Warmer/ *Cuello Polar*** | **1** | **Optional.** |  |
| **Wool or Fleece Hat** | **1** | **A warm hat made of wool or fleece.** |  |
| **Sun Hat or Visor/ *Gorro ó Visera de Sol*** | **1** | **Top protect ears and face from the sun. Available with NOLS logo.** |  |
| **Sunglasses/ *Lentes de Sol*** | **1** | **Any good quality sunglasses with dark lenses blocking 100% UV protection will work fine. If you wear prescription lenses and have limited vision without them, bring your own prescription sunglasses or look for a quality par of clip-on polarized shades at specialty fishing store.** |  |
| **Sunglasses Retainer- Chums** | **1** | **Chums or Croakes for keeping track o your glasses or sunglasses. Available with NOLS logo.** |  |
| **Head Lamp/ Linterna** | **1** | **Durable and light weight. Headlamps are popular. Bring spare batteries.** |  |
| **EATING SYSTEM** |  |  | **Check List** |
| **Insulated Mug** | **1** | **Optional. 12 to 20 oz. insulated mugs with lids are preferred. Available with NOLS logo.** |  |
| **Bowl** | **1** | **A bowl with a snap-on lid is handy.** |  |
| **Spoon** | **1** |  |  |
| **Water Bottle** | **1 or 2** | **1-2 wide-mouth quart- or liter-size plastic bottles, like Nalgene bottles. (2-liter capacity).** |  |
| **MISCELLANEOUS** |  |  | **Check List** |
| **Bandanas/ *Pañuelos*** | **1 or 2** | **A couple of these are always handy.** |  |
| **Chapstick/ *Protector Labial*** | **1** | **Stick, cream, or tube type moisturizing balm with sun protection factor (SPF) 15 or greater.** |  |
| **Sunscreen** | **1** | **A 3 to 5-ounce tube with sun protection factor (SPF) 15 or greater.** |  |
| **Lighter/ *Encendedor*** | **1** | **Use for lighting your camp stove.** |  |
| **Insect Repellent** | **1** | **Optional.** |  |
| **Camera, Extra battery and memory card** | **1** |  |  |
| **Expedition Journal/ *Cuaderno*** | **1** | **A small, lightweight pad is fine.** |  |
| **Hand Sanitizer/ *Desinfectante de manos*** |  | **Bring a 2-oz. bottle for keeping hands clean.** |  |
| **Pens Pencils/ *Lapices y Plumas*** | **1** |  |  |
| **Watch** | **1** | **A watch with an alarm.** |  |
| **Sunscreen, Dermatone mini-tin** |  |  |  |
| **Toiletries** |  | **Toothbrush, toothpaste, comb, brush, skin lotion, tampons. Travel or trial sizes are plenty. Bring your own.** |  |
| **Prescription Medications** |  | **IMPORTANT: Please be sure you have enough for your entire course and travel days.** |  |
| **Trekking Poles** |  | **Optional.** |  |
| **Our advice? Keep the toiletries and other gear to small sizes- 2ox. Of anything is plenty for 1 week. We work to keep our pack weight as low as possible. Saving every ounce is essential!** | | |  |