

NOLS INDIA EQUIPMENT LIST - TRIP LEADER COURSE

This list has two parts: Gear that NOLS will provide and Gear that you must bring. You are welcome to bring any gear that falls in the list of what NOLS will provide. However, your instructors will determine if it is suitable for this course.

NOLS has the following gear available for participants. However, in the past, we have found that at times, the sizes available with us do not match the size required. So, if you own, or have access to any of the following items please bring it along.

Backpack	Sleeping bag	Compression stuff sack
Foam pad	Foam pad stuff sack	Gaiters for hiking boots
Wind shirt	Wind pant	Pile balaclava (monkey cap)
Pile vest	Pile jacket	Pile pants
Pile mittens	Mitten shells	Regular Stuff Sack

In addition to the above, NOLS will provide the following group gear.

Tents	Cooking stoves	Fuel and fuel bottle
Cooking gear	Maps and Compass	First aid kits
Equipment repair kits	Reference books	Binoculars

Gear that you must bring:

Sturdy ankle-length hiking boots. Preferably all leather upper as it provides better ankle support. If you do not own a pair yet, it is advisable that you buy one soon and wear it often so that your feet get used to them. This will help prevent blisters on the course.

Light weight tennis shoes/crocs. Should be closed-toe for wearing in camp. Should not be slippers/sandals.

Gear that you must bring or can buy from NOLS:

Wool socks. 2 -3 pairs. Preferably thick wool socks.

Nylon socks. 2-3 pairs. These are the type that you wear daily. It is worn under the wool socks to prevent blisters.

Synthetic T-shirt. 2-3. Synthetic is recommended as it dries faster. You should at least carry 1 full sleeve T-shirt. Cottons are not recommended as it takes longer to dry and does not keep you warm!

Long john top & bottoms. Also known as thermal underwear. Preferably wool/polypropylene. This will be worn as your first layer. Over this you can wear pile jacket or vest, depending on how cold it gets.

Rain Jacket & Pants. Mandatory for the course. A Poncho would also work. It is always better to have a Rain Jacket than wish you had one!

Wool gloves. 2 pairs. As thick as available in the market.

Nylon hiking shorts. Nylon is preferred over cotton as it dries faster. Or you may choose to hike in tracksuit pants. Remember these are heavier than shorts, and being cotton, do not offer any warmth!

Underwear. 2-3 changes.

Sun hat. Cotton or nylon.

Sun glasses. Preferably with a retainer.

Sun protection lotion. We would recommend a lotion that has a rating of SPF-30 at least.

Lip balm (chap stick). This is a highly recommended item.

Cup, bowl & spoon. Preferably made of sturdy plastic. Steel will be fine. Remember it is heavier than plastic. Also, for multiple reasons we recommend a bowl to eat out of rather than a plate.

Water bottle. 2 of 1 liter capacity each. Please ensure that they do not leak.

Head lamp/ flashlight. Preferably a headlamp as it leaves your hands free to do other work. Please bring extra batteries.

Lighter. For lighting your stoves.

Pocket knife.

Toiletries. Toothbrush, toothpaste, soap etc

Wrist watch. One with an alarm and light helps!

Notebook, pen/pencil.

Camera with batteries. Remember the weight factor!

