NCOAE EQUIPMENT LIST – 85-Day

Fall Semester-Outdoor Educator East Africa

The National Center for OUTDOOR & ADVENTURE EDUCATION

When it comes to outdoor equipment, there's no need to go all out and buy every piece of fancy gear just to cram in into your new, state of the art backpack. You will be carrying everything you bring with you on your expedition – PLUS some of the food and some of the group gear. Whether you purchase or rent, foremost in your mind should be weight. Each item adds up to what will eventually be strapped to your back. So do the research, read the labels and consider what you can do without. If you don't need something, don't bring it!

The National Center for Outdoor & Adventure Education (NCOAE) equipment list of required and optional gear will help you decide what to bring and what not to bring on your NCOAE adventure. You can save money too by renting some of the equipment for your course from NCOAE.

If you have questions about gear you already own, send us an e-mail or call and we will assess its suitability for the environment where it will be used. We might suggest that you return your grandfather's heavy canvas war-era tent to the garage and rent or purchase a lightweight version instead.

If you prefer to purchase all of your gear, that's fine too, but if you're not sure you'll ever use that $400 internal frame backpack or sleeping bag again, we may have one available to rent! Of course you don't have to rent equipment from us, but our gear is tailor-made to fit our excursions.

All program participants will pay a $250 deposit on gear to cover possible loss or damage. If all gear is returned in the condition in which you received it, the full deposit will be applied to any rental charges, and the remainder returned to you – so inspect the gear closely before and after renting. Damaged or lost group gear expenses are divided among all participants. Damaged or lost rental gear is charged to the renter.

Remember to bring one or two sets of "in-town clothes" for your return flight after the trip!

Items listed below with an asterisk (*) may be available from NCOAE for rent.

Comments, questions, concerns… Call NCOAE Headquarters Monday through Friday between the hours of 8:30 am EST at (910) 399-8090.

Packs and Bags

EQUIPMENT	RENTAL PRICE	QUANTITY	COMMENTS	Check List
Internal Frame Backpack*	$30.00 Weekly	1	Internal frame backpack with a volume of 70 to 80 liters is ideal (4500-5,500 cubic inches).	
Plastic trash compactor bags	Purchase Only	2-3	3mm or thicker, durable, sturdy. These can be found in most grocery stores.	

Footwear

EQUIPMENT	RENTAL PRICE	QUANTITY	COMMENTS	Check List
Sturdy Leather Hiking Boots	Purchase Only	1 pair	Sized to fit with 1-2 pairs of wool socks	
Hiking Socks	Purchase Only	3-4 pairs	Must be 75%–100% wool, merino wool, heavy ragg type, or thick polypropylene. No wool-cotton blends or 100% cotton allowed.	
Camp Shoes	Purchase Only	1 pair	The ground around camp may be wet or soggy. Examples: Holeys Coastal Boot, Crocs Bistro—NO VENT HOLES.	
Gaiter	Optional	1 pair	Full gaiters provide good leg protection while bushwhacking. Low gaiters are also acceptable.	
Sandals	Optional	1 Pair	Lightweight sandals for in-town or travel days.	

Upper Body Clothing

You need at least **three insulating layers**, a wind-proof layer, a rain layer, and a t-shirt. Make sure your layers fit comfortably over each other. If you get cold easily, we suggest that you take four insulating layers, or three layers plus a vest.

EQUIPMENT	RENTAL PRICE	QUANTITY	COMMENTS	Check List
Base Layer (Long Underwear Top)	Purchase Only	1-2	Light or expedition-weight synthetic or performance wool is best. (Examples: Mountain Hardwear Extend, Patagonia Capilene, Ibex wool, Icebreaker wool)	
Fleece Jacket or Shirt	Purchase Only	1	Light- to mid-weight fleece jacket that fits over your base layers. (Example: Mountain Hardwear Microchill)	
Expedition Weight Pullover	Purchase Only	1	(Examples: Patagonia R1 Hoodie, Mountain Hardwear Expedition-Weight zip-tee)	
T-Shirts	Purchase Only	2-3	At least 1 Synthetic T-Shirt. The others can be cotton.	
Sun Shirt	Purchase Only	1	A cotton or synthetic, light, long-sleeved shirt for sun protection.	
Fleece or Synthetic-fill Insulated Vest – NO DOWN FILL	Optional	1	A vest can supplement other upper layers, which is good for folks who get cold easily. (Examples: Patagonia Synchilla Vest, Mountain Hardwear Mountain Tech Vest)	
Hooded Insulated Jacket – NO DOWN FILL	Purchase Only	1	A warm, medium-weight, synthetic-fill jacket that fits over your base layers & under your rain coat. (Examples: Mountain Hardwear Compressor, Patagonia Nano Puff Hoody)	
Wind Shirt	Optional	1	Nylon wind shell, roomy enough to fit comfortably over your base layers. Excellent	

			protection from bugs, wind, brush, or for use as "cooking shirt."	
Rain Jacket*	$10.00 weekly	1	Your rain jacket should be roomy enough to fit comfortably over all upper-body layers. **Ponchos are NOT ACCEPTABLE**.	

Lower Body Clothing

You need **two to three lower-body insulating layers** that fit comfortably over each other and underneath your wind or rain pants. Example combination: Mid-weight long underwear + fleece pants.

EQUIPMENT	RENTAL PRICE	QUANTITY	COMMENTS	Check List
Base Layer (Long Underwear) Bottoms	Purchase Only	2 pairs	Mid- or expedition-weight synthetic or performance wool is best. (Examples: Mountain Hardwear Extend, Patagonia Capilene, Ibex wool, Icebreaker wool)	
Underwear/Bras	Purchase Only	2-4 pairs of underwear; 2-3 Bras	Undergarments made from merino wool or polypropylene wick moisture away from your skin and are highly recommended. Cotton briefs for women are acceptable.	
Insulated Pants or Expedition-Weight Fleece Pants	Purchase Only	1 pair	Fleece or synthetic-filled pants are needed when the weather is especially cold. (Examples: Sherpa Jaaro Microfleece Pants, Mountain Hardwear Compressor Pants)	
Rain Pants*	$10.00 weekly	1 pair	These need to fit comfortably over your hiking pants.	
Nylon Hiking Pants	Purchase Only	2 pair	Nylon hiking pants are recommended for protection from bugs and dense vegetation.	
Long Skirt	Purchase Only	1 Pair	Below the knee. Recommended for women to wear for certain occasions when it will be culturally appropriate.	
Wind Pants	Purchase Only	1 pair	Nylon wind shell, roomy enough to fit comfortably over your base layers. Excellent protection in dense bushes and from bugs, or for use as "cooking pants."	
Nylon Shorts With a Liner	Optional	1 pair	Nice for warm days. Pockets are nice to have.	

Miscellaneous Clothing

EQUIPMENT	RENTAL PRICE	QUANTITY	COMMENTS	Check List
Sun Hat or Baseball Cap	Purchase Only	1	Should be wide-brimmed to protect from sun.	
Fleece or Wool Cap	Purchase Only	2	Any fleece hat that will fully cover your ears. A wool ski hat is fine.	
Fleece or Wool Gloves	Purchase Only	1 pair	Durable gloves made from fleece, rag-wool or mid-weight polypropylene.	
Buff, Balaclava, or Neck Warmer	Optional	1	Used to keep your head, neck, and ears warm – can replace a scarf or light cap	

Sleeping Gear

EQUIPMENT	RENTAL PRICE	QUANTITY	COMMENTS	Check List
Mummy Style Sleeping Bag*	$35.00 weekly	1	We stock synthetic-filled sleeping bags with a temperature rating of 0 degrees F or colder. Down and feather bags will not be allowed.	

Sleeping Pad*	$5.00 weekly	1	Closed-cell foam pads (Example: Therm-a-rest Ridgerest or Z Lite). We do not rent or recommend self-inflating pads.	
Sleeping Gear				
Sleeping Bag Stuff Sack (optional)*	$2.00 weekly	1	Makes your sleeping bag smaller for packing (Examples: Outdoor Research Ultralight)	
Miscellaneous Items				
EQUIPMENT	**RENTAL PRICE**	**QUANTITY**	**COMMENTS**	**Check List**
Bandanas	Purchase Only	2-4	For multiple uses.	
Headlamp	Purchase Only	1	For alpine starts and late nights at camp.	
Stuff Sacks	Purchase Only	2-3	Used for organizing gear inside your pack.	
Lighters	Purchase Only	2-3	For starting stoves and fires. Bic style lighters. Do not bring a Zippo.	
Eating Gear	Purchase Only	1 Bowl 1 Spoon 1 Mug	Tupperware or Nalgene style screw-on lid bowl, 16-30 ounce capacity. Plastic or metal spoon or spork that will fit inside bowl.	
Insect Repellent	Purchase Only	1-2	Small, 2-3-ounce DEET pump-spray bottle – NO AEROSOLS.	
Lip Balm	Purchase Only	1	Stick or cream with UV sun protection.	
Prescription Glasses and Contact Lenses	Purchase Only	n/a	If you wear prescription glasses or lenses, bring a spare set. Even if you wear contact lenses daily, plan to carry a pair of glasses into the field.	
Eyeglasses Retainers	Purchase Only	1	Good brands are Chums and Croakies.	
Sunscreen	Purchase Only	1-2	Small, 2-3-ounce squeeze tube or pump-spray bottle – NO AEROSOLS. A sun protection factor of 30 or greater is necessary. A sunblock containing zinc oxide is strongly recommended.	
Sunglasses	Purchase Only	1 pair	Durable with 100% UV protection. If you wear prescription lenses, bring your own prescription sunglasses. You will want to block the sun from the sides.	
Toiletry Articles	Purchase Only	n/a	Sample sizes of 2-3 ounce are preferable. Toothbrush, toothpaste, hand lotion, soap, shampoo, prescription medications, tampons or pads.	
Watch	Purchase Only	1	Bring a waterproof watch with an alarm, even if you do not normally wear one.	
Water Bottle or Water Bladder	Purchase Only	2	Wide-mouth 1 liter or 1.5-liter size. A lightweight bladder system (in addition to 1 liter bottles) also works well. Examples: Platypus SoftBottle and Nalgene.	
Trekking Poles	Purchase Only	2	Double or triple telescoping poles are best.	
Money belt or Secure Travel Purse	Purchase Only	1	You will need a way to securely store your money and passport on your person while we are traveling.	

Zip-Lok Baggies; 1 Liter & 1 Gallon	Purchase Only	6	For storing journals, passport, wallet, etc.	
English to Swahili/Swahili to English Pocket Dictionary & Phrase Book	Purchase Only	1	Water resistant guide can help ease awkward situations until your fluency improves.	

Optional Items

EQUIPMENT	RENTAL PRICE	QUANTITY	COMMENTS	Check List
Camera	Optional	1	Small, durable, waterproof camera with plenty of extra batteries and memory cards.	
Personal Coffee	Optional		Most coffee in stores is instant.	
Book	Optional	1	A small book for pleasure reading.	
Binoculars	Optional	1	A small travel pair can be great for bird and wildlife observation.	
Vitamins	Optional	1	Some folks prefer to supplement their diet.	
Ear Plugs	Optional	1-2 pairs	To block out loud sleepers	
Knife	Optional	1	A small pocketknife or multi-tool.	
Compass	Optional	1	We provide two compasses per hiking group.	
Sarong	Optional	1	Can double as a light towel and a skirt in Maasailand.	
Buff	Optional	1	Synthetic polyester fabric tube. Use it as a headband, neck gaiter, balaclava, cap, face mask, wristband, or scrunchy.	
Notebook and Pen or Pencil	Optional	1 of each	A small spiral notebook is fine. Avoid hardcover. We provide a field journal and pencil for your course.	
Towel	Optional	n/a	A pack towel that is compressible, lightweight, quick-drying, antimicrobial, and made of a microfiber or microfiber blend might be of use after rafting if participants are wet and want to dry off.	
Lighter	Optional	1-2		
Camp Pillow	Optional	1	Should be made out of a synthetic material and compressible.	