

NCOAE Equipment List

Patagonia Ski / Snowboard – 24 Day

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. **Any gear you bring must meet NCOAE's standards.**
- 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.**

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Packs and Bags				
EQUIPMENT	REQUIREMENT	QUANTITY	COMMENTS	CHECK LIST
Internal Frame Backpack*	Must Bring, or Rent \$65.00	1	Internal frame backpack, with a volume of 90 to 100 liters is ideal (5,500-6,100 cubic inches).	<input type="checkbox"/>
Plastic trash compactor bag	Must Bring	1	3mm or thicker, durable, sturdy. Found in grocery stores.	<input type="checkbox"/>
Footwear				
EQUIPMENT	REQUIREMENT	QUANTITY	COMMENTS	CHECK LIST
Sturdy Leather Hiking Boots	Must Bring	1 pair	Sized to fit with 1-2 pairs of wool socks.	<input type="checkbox"/>
Hiking Socks	Must Bring	3-4 pairs	Must be 75%–100% wool, merino wool, heavy ragg type, or thick polypropylene. No cotton or wool-cotton blends.	<input type="checkbox"/>
Camp Shoes / Boots	Must Bring	1 pair	The ground around camp may be wet or soggy. Examples: Holesy Coastal Boot, Sorel Caribou Boot – NO VENT HOLES.	<input type="checkbox"/>
Insulated Booties	Optional	1 pair	Synthetic-fill booties to wear around camp or while sleeping.	<input type="checkbox"/>
Over-boots	Optional	1 pair	Synthetic-fill, to wear over booties as a camp shoe.	<input type="checkbox"/>
Ski or Snowboard Boots	Must Bring	1 pair	Your boots will need to fit properly over two pairs of socks with an insole.	<input type="checkbox"/>
Gaiter	Optional	1 pair	Full gaiters provide good leg protection while bushwhacking. Low gaiters are also acceptable.	<input type="checkbox"/>
Upper Body Clothing				
<p>You need at least three insulating layers (base layer, mid-weight insulation layer, & puffy jacket), 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.</p>				
EQUIPMENT	REQUIREMENT	QUANTITY	COMMENTS	CHECK LIST
Base Layer - Long Underwear Top	Must Bring	1-2	Light or expedition-weight synthetic or performance wool is best. (Examples: Patagonia Capilene, Icebreaker wool)	<input type="checkbox"/>
Fleece Jacket or Shirt	Must Bring	1	Light to mid-weight fleece jacket that fits over your base layers. (Example: Mountain Hardwear Microchill)	<input type="checkbox"/>
Expedition Weight Pullover	Must Bring	1	(Examples: Patagonia R1 Hoodie, Mountain Hardwear Expedition-Weight zip-tee)	<input type="checkbox"/>
Fleece or Synthetic-fill Insulated Vest	Optional	1	NO DOWN FILL. A vest can supplement other upper layers, which is good for folks who get cold easily. (Example: Patagonia Synchilla Vest)	<input type="checkbox"/>
T-Shirt	Must Bring	1-2	Lightweight synthetic or wool shirts recommended.	<input type="checkbox"/>
Insulated Jacket	Must Bring	1	NO DOWN FILL. A warm, lightweight, synthetic-fill “puffy” jacket that fits over your base layers & under your ski jacket. (Example: Patagonia Nano Puff Hoody)	<input type="checkbox"/>
Insulated Parka	Must Bring	1	A synthetic-filled winter parka with a hood. Must fit comfortably over all your upper body layers.	<input type="checkbox"/>
Wind Shirt	Must Bring	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.”	<input type="checkbox"/>
Ski Jacket	Must Bring	1	Must be Waterproof. We recommend Gore-Tex. Jacket should be roomy enough to fit comfortably over all upper-body layers. For rainy or stormy days in the backcountry.	<input type="checkbox"/>

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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	REQUIREMENT	QUANTITY	COMMENTS	CHECK LIST
Base Layer - Long Underwear Bottoms	Must Bring	2-3 pairs	Mid- or expedition-weight synthetic or performance wool is best. (Examples: Patagonia Capilene, Icebreaker wool).	<input type="checkbox"/>
Insulated Pants or Expedition-Weight Fleece Pants	Must Bring	1 pair	Fleece or synthetic-filled pants are needed when the weather is especially cold. (Examples: Sherpa Jaaro Microfleece Pants, Mountain Hardwear Compressor Pants)	<input type="checkbox"/>
Ski/Snowboard Pants	Must Bring	1 pair	Must be Waterproof. Gore-Tex recommended. These need to fit comfortably over your hiking pants.	<input type="checkbox"/>
Hiking Pants	Must Bring	2 pair	Nylon or other synthetic hiking pants are recommended for protection from bugs and dense vegetation.	<input type="checkbox"/>
Wind Pants	Must Bring	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.”	<input type="checkbox"/>
Nylon Shorts with a Liner	Optional	1 pair	Nice for warm days. Pockets are nice to have.	<input type="checkbox"/>

Miscellaneous Clothing

EQUIPMENT	REQUIREMENT	QUANTITY	COMMENTS	CHECK LIST
Sun Hat or Baseball Cap	Must Bring	1	Should be wide-brimmed to protect from sun.	<input type="checkbox"/>
Winter Hat	Must Bring	2	Fleece or wool hat that will fully cover your ears.	<input type="checkbox"/>
Buff, Balaclava, or Neck Gaiter	Must Bring	1	Used to keep your head, neck, and ears warm – can replace a scarf or light cap	<input type="checkbox"/>
Bandana	Must bring	1	For multiple uses.	<input type="checkbox"/>
Liner Gloves	Must Bring	1 pair	Thin wool or synthetic liner gloves.	<input type="checkbox"/>
Insulated Ski Gloves or Mittens	Must Bring	1 pair	Durable, water resistant, insulated ski gloves or mittens.	<input type="checkbox"/>
Insulated Gloves or Mittens	Must Bring	1 pair	Wool or synthetic gloves or mittens for cold mornings or evenings around camp.	<input type="checkbox"/>
Glove or Mitten Shells	Must Bring	1 pair	Waterproof shells that fit over your gloves or mittens.	<input type="checkbox"/>
In Town Clothes	Must Bring	1 pair	Comfortable, casual set of clothes for in town & for your flight home at the end of your course.	<input type="checkbox"/>

Sleeping Gear

EQUIPMENT	REQUIREMENT	QUANTITY	COMMENTS	CHECK LIST
Mummy Style Sleeping Bag w/Stuff Sack*	Must Bring, or Rent - \$35.00	1	Temperature rating of 0 degrees F or colder. Synthetic, not down. Compression stuff sack recommended.	<input type="checkbox"/>
Sleeping Pad*	Must Bring, or Rent - \$15.00	1	Closed-cell foam or self-inflating pads. (Example: Therm-a-rest Ridgerest or Z Lite).	<input type="checkbox"/>
Sleeping Pad Stuff Sack	Optional	1	Contains your sleeping pad for packing.	<input type="checkbox"/>

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Ski/Snowboard Equipment				
EQUIPMENT	REQUIREMENT	QUANTITY	COMMENTS	CHECK LIST
Ski Poles	Must Bring	1 set	Sturdy pair of adjustable poles, with medium to large baskets.	<input type="checkbox"/>
Alpine Touring or Telemark Skis or Splitboards	Must Bring	1 set	<p><u>Skis</u> (Examples: Atomic, G3 and Black Diamond skis with Dynafit and G3 bindings).</p> <p><u>Splitboards</u> (Examples: Venture, Never Summer and G3 splitboards with Sparks bindings).</p> <p>Be sure to bring your own binding repair kit.</p>	<input type="checkbox"/>
Climbing Skins	Must Bring	1 set	Skins should be as wide as the skis – recommend synthetic hair, adhesive climbing skins.	<input type="checkbox"/>
Ski Crampons*	Must Bring, or Rent - \$15.00	1 set	Must fit your skis properly.	<input type="checkbox"/>
Crampons*	Must Bring, or Rent \$15.00	1 set	Must fit your ski/snowboard boots properly. (Examples: Petzl Irvis or Petzel Leopard).	<input type="checkbox"/>
Ski Goggles	Must Bring	1	For low visibility & stormy days.	<input type="checkbox"/>
Ski Helmet	Must Bring	1		<input type="checkbox"/>
Miscellaneous Gear				
EQUIPMENT	REQUIREMENT	QUANTITY	COMMENTS	CHECK LIST
Required or Prescription Medication (if applicable)	Must Bring	1 Set	Bring enough to last the entire trip. All medications must be in the original bottle with instructions for administration, and your name on it. Please pack all prescribed medicine.	<input type="checkbox"/>
Toiletries (2 – 3 oz travel sized only)	Must Bring	1 Set	Toothbrush, Toothpaste, Lip Balm w/Sunscreen (SPF 15 or higher), Moisturizer, Feminine Hygiene products. (Shampoo, Conditioner, & Soap for pre & post course only).	<input type="checkbox"/>
Watch w/ Alarm	Must Bring	1	Must be waterproof (Example: Timex Expedition)	<input type="checkbox"/>
Headlamp	Must Bring	1	Durable and lightweight.	<input type="checkbox"/>
Extra batteries	Must Bring	1 set	Bring 1 spare set for headlamp	<input type="checkbox"/>
Pocket Knife	Optional	1	One small pocket knife is sufficient.	<input type="checkbox"/>
Water bottle or bladder – 32 oz or 48 oz	Must Bring	2	Heavy, durable plastic. Wide-mouth and must be at least 32 oz. A lightweight bladder system (in addition to 1 liter bottles) also works well. Examples: Platypus SoftBottle and Nalgene.	<input type="checkbox"/>
Hydration System	Optional	1	CamelBak or Platypus are popular.	<input type="checkbox"/>
Insulated mug	Must Bring	1	Durable plastic for hot drinks.	<input type="checkbox"/>
Thermos	Optional	1	Recommended for you to have hot tea, cocoa, or soup throughout the day. No glass lined thermoses.	<input type="checkbox"/>
Plastic Bowl	Must Bring	1	Tupperware or Nalgene style, 16-30 oz capacity, with lid.	<input type="checkbox"/>
Spoon or Spork	Must Bring	1	Plastic or metal utensils	<input type="checkbox"/>

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Towel	Optional	1	A pack towel that is compressible, lightweight, quick-drying, made of a microfiber or microfiber blend. For use after sweating or after heavy rain/snow.	<input type="checkbox"/>
Insect Repellent & Sunscreen	Must Bring	1	Small, travel sized bottles – NO AEROSOLS. Sunscreen must be SPF 30 or greater.	<input type="checkbox"/>
Glacier Sunglasses, Wrap-around style	Must Bring	1	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. (Examples: Julbo, Native).	<input type="checkbox"/>
Prescription Glasses and Contact Lenses	Must Bring	Multiple	If you wear prescription glasses or contact lenses, bring a spare set. Even if you wear contacts daily, plan to carry a pair of glasses.	<input type="checkbox"/>
Eyeglasses Strap	Optional	1	Good brands are Chums and Croakies.	<input type="checkbox"/>
Trekking Poles	Optional	1-2		<input type="checkbox"/>
Sit pad or Camp chair	Optional	1	Portable seat for increased insulation when sitting in snow. Crazy Creek, sleeping pad adaptor, or make from cut foam.	<input type="checkbox"/>
English to Spanish / Spanish to English Pocket Dictionary & Phrase Book	Optional	1	Water resistant guide can help ease awkward situations until your fluency improves.	<input type="checkbox"/>

Optional Items

EQUIPMENT	REQUIREMENT	QUANTITY	COMMENTS	CHECK LIST
Camera	Optional	1	Small, waterproof & shockproof camera. Bring extra battery and memory card. You are not permitted to bring cell phones or tablets into the backcountry, even for camera use.	<input type="checkbox"/>
Binoculars	Optional	1	Small, travel sized.	<input type="checkbox"/>
Book	Optional	1	A small, lightweight book for reading.	<input type="checkbox"/>
Small Card Game or Cards	Optional	1	For down time.	<input type="checkbox"/>
Small Stuff Sacks or Gallon Ziplocs	Optional	2-3	Used to organize items in your pack. Lightweight dry sacks are convenient.	<input type="checkbox"/>
Personal Coffee	Optional	Multiple	Most coffee sold in stores is instant.	<input type="checkbox"/>
Notebook w/ Pen or Pencil	Optional	1	A notebook for journaling or drawing.	<input type="checkbox"/>
Camp Pillow	Optional	1	Should be small, made out of a synthetic material and compressible.	<input type="checkbox"/>

NCOAE Will Supply

Students share both the use of and the responsibility for the group gear that NCOAE dispenses.

Tents	Group Tarp	Toilet Paper & Trowel
Stoves, Fuel Bottles & Fuel	Maps & Reference Books/Materials	Compass & Whistle
Cooking Gear	Course Food & Spice Kit	Water Treatment
Snow Shovel	Repair Kit	Group Sunscreen & Bug Spray
First Aid Kit	Bear Canisters	Soap, Hand Sanitizer & Hygiene Wipes
Avalanche Probe	Avalanche Beacon	Avalanche Airbag

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Sturdy Hiking Boot - Selection Guide

NCOAE has been outfitting people with boots for many years, and our priorities have remained the same: we want you to have footwear that provides adequate protection for your feet and ankles, that is durable enough to withstand weeks of wet, rugged wear and that provides reasonable comfort. Many boots available on the market do not meet these criteria.

When considering footwear, remember that your course will travel mostly off trail, you may be walking through cold streams, and your feet will get wet. You could be in rain or snow for days. You will cross creeks. **The type of footwear that you need will depend on how heavy your pack is and how strong your ankles and feet are.**

Here are some features to look for in and hiking boots:

- A sole that provides good traction like Vibram or other lugged sole.
- Some form of nylon shank to provide foot support and protection.
- Ankle support
- Durable uppers that will withstand hiking among sharp boulders and dense vegetation.
- A Gore-Tex liner is fine, but unnecessary. Your foot will get wet when the river comes in over the top of your boot. A Gore-Tex liner will slow drying time once the boot is wet.
- A comfortable fit with your preferred hiking socks. Boots that are too small are a common cause of blisters.

The following list of acceptable footwear is not exhaustive. It is to be used as a guide to the general type of footwear acceptable for your course. It is fine to substitute a similar boot or shoe for one of the types listed here. If you are considering a lighter boot or shoe, you will have to be committed to trimming your pack weight to below 40 lbs. which takes prior commitment to weighing each ounce of your personal gear. Expect to be carrying around 30-45 percent of your own body weight on your back. You will be carrying almost 25 pounds of group gear, so factor that in to your total pack weight.

Sturdy hiking boots:

Asolo: Elbrus, Lagazuoi, Shiraz, TPS Series, Equalon
Lowa: Cevedale Pro GTX, Tibet Pro GTX
Garmont: Rambler GTX, Dakota, Tower Trek GTX
La Sportiva: Garnet GTX, Omega GTX
Scarpa: Kinesis GTX, Zodiac GTX, Bhutan GTX, Terra GTX
Vasque: Summit GTX, Saga GTX,
Oboz: Wind River