

# NCOAE Equipment List

## Ecuador – 14-Day Course

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 rental 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 days in town during the course & 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 – 4:30 pm EST at (910) 399-8090.**

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| Packs and Bags   |             |           |   |                          |
|--|-------------|-----------|---|--------------------------|
| EQUIPMENT  | REQUIREMENT | QUANTITY  | COMMENTS  | CHECK LIST               |
| Day Pack   | Must Bring  | 1         | Small backpack for use on day hikes or trips into town.   | <input type="checkbox"/> |
| Zip Duffle   | Must Bring  | 1         | Used to organize and store gear while at camp.  | <input type="checkbox"/> |
| Footwear   |             |           |   |                          |
| EQUIPMENT  | REQUIREMENT | QUANTITY  | COMMENTS  | CHECK LIST               |
| Mid-Weight, Waterproof Hiking Boots  | Must Bring  | 1 pair    | Should be at least mid-weight. <b>Must be WATERPROOF.</b> Please read the Boot Selection Guide at the end of this list.                           | <input type="checkbox"/> |
| Camp Shoes   | Must Bring  | 1 pair    | Closed-toed shoes are a must to protect your feet and are more comfortable for wearing in camp.   | <input type="checkbox"/> |
| River Shoes / Sandals  | Must Bring  | 1 pair    | For protection from rocks, sharp objects, or in case you happen to into the water. <b>Must have a heel strap.</b> (Example: Keens, Chacos)        | <input type="checkbox"/> |
| Hiking Socks   | Must Bring  | 4-6 pairs | Must be a wool, synthetic, or a wool/synthetic blend. <b>No cotton or wool-cotton blends.</b>   | <input type="checkbox"/> |
| Upper Body Clothing  |             |           |   |                          |
| You need <b>three to four insulating layers.</b> Example combination: Mid-weight long underwear + t-shirt + fleece/puffy + rain jacket. Make sure your layers fit comfortably over each other. If you get cold easily, we suggest that you take an extra layer |             |           |   |                          |
| EQUIPMENT  | REQUIREMENT | QUANTITY  | COMMENTS  | CHECK LIST               |
| Base Layer - Long Underwear Top  | Must Bring  | 2         | Light or mid-weight synthetic or wool is best. (Examples: Patagonia Capilene, Smartwool)  | <input type="checkbox"/> |
| Fleece / Lightweight Jacket  | Must Bring  | 1         | Light to mid-weight fleece jacket that fits over your base layers. (Example: Mountain Hardwear Microchill)  | <input type="checkbox"/> |
| Long Sleeved Shirt   | Must Bring  | 1-2       | Should be synthetic.  | <input type="checkbox"/> |
| Fleece or Synthetic-fill Insulated Vest  | Optional    | 1         | A vest can supplement other upper layers, which is good for folks who get cold easily.  | <input type="checkbox"/> |
| T-Shirt  | Must Bring  | 2-3       | Lightweight synthetic shirts recommended.   | <input type="checkbox"/> |
| Insulated Jacket / Puffy   | Must Bring  | 1         | A warm, lightweight, synthetic-fill “puffy” jacket that fits over your base layers & under your rain jacket. (Example: Patagonia Nano Puff Hoody) | <input type="checkbox"/> |
| Rain Jacket*   | Must Bring  | 1         | Waterproof rain jacket that is roomy enough to fit comfortably over all upper-body layers. For rainy days. <b>Ponchos are NOT ACCEPTABLE.</b>     | <input type="checkbox"/> |

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| Lower Body Clothing  |             |                                    |   |                          |
|--|-------------|------------------------------------|---|--------------------------|
| You need <b>two to three lower-body insulating layers</b> that fit comfortably over each other and underneath your rain pants. Example combination: Mid-weight long underwear + hiking pants + rain pants. |             |                                    |   |                          |
| EQUIPMENT  | REQUIREMENT | QUANTITY                           | COMMENTS  | CHECK LIST               |
| Base Layer - Long Underwear Bottoms  | Must Bring  | 2 pairs                            | Light or mid-weight synthetic or wool is best. (Examples: Patagonia Capilene, Smartwool).   | <input type="checkbox"/> |
| Insulated or Fleece Pants  | Optional    | 1 pair                             | Fleece or synthetic-filled pants are needed when the weather is especially cold. (Examples: Columbia Fleece Pants)  | <input type="checkbox"/> |
| Hiking Pants   | Must Bring  | 2 pair                             | Nylon or other synthetic hiking pants. Recommended for protection from bugs and dense vegetation.   | <input type="checkbox"/> |
| Nylon Shorts   | Must Bring  | 1- 2 pair                          | Nice for warm days.   | <input type="checkbox"/> |
| Rain Pants   | Must Bring  | 1 pair                             | Waterproof rain pants. Need to fit comfortably over your hiking pants.  | <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  | 1                                  | Fleece or wool hat that will fully cover your ears.   | <input type="checkbox"/> |
| Bathing Suit   | Must Bring  | 1                                  | Necessary for the paddling parts of the adventure.  | <input type="checkbox"/> |
| Buff, Balaclava, or Neck Gaiter  | Optional    | 1                                  | Used to keep your head, neck, and ears warm or protect from the wind and sun – can replace a light cap  | <input type="checkbox"/> |
| Bandana  | Must Bring  | 1                                  | For multiple uses.  | <input type="checkbox"/> |
| Gloves or Mittens  | Must Bring  | 1 pair                             | Wool or synthetic gloves or mittens for cold mornings or evenings around camp.  | <input type="checkbox"/> |
| Underwear/Bras   | Must Bring  | 5-10 pairs of underwear;<br>2 Bras | Undergarments made from synthetic to wick moisture are recommended. Cotton briefs for women are acceptable.   | <input type="checkbox"/> |
| In Town Clothes  | Must Bring  | 2 pair                             | Comfortable, casual set of clothes for in town & for your flight home at the end of your course.  | <input type="checkbox"/> |
| Miscellaneous Gear   |             |                                    |   |                          |
| EQUIPMENT  | REQUIREMENT | QUANTITY                           | COMMENTS  | CHECK LIST               |
| Required or Prescription Medication (if applicable)  | Must Bring  | 1 Set                              | <b>Bring enough to last the entire trip.</b> 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+), Moisturizer, Feminine Hygiene products. Shampoo, Conditioner, Facewash, Soap, and Washcloth/Loofah for in-town days.                | <input type="checkbox"/> |
| Watch w/ Alarm   | Must Bring  | 1                                  | Must be waterproof (Example: Timex Expedition)  | <input type="checkbox"/> |

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| <b>Headlamp</b>  | Must Bring         | 1               | Durable and lightweight.   | <input type="checkbox"/> |
|--|--------------------|-----------------|--|--------------------------|
| <b>Extra batteries</b>   | Must Bring         | 1 set           | Bring 1 spare set for headlamp   | <input type="checkbox"/> |
| <b>Waterbottle</b>   | Must Bring         | 2               | Durable plastic water bottle. Must be at least 32oz. (Example: Nalgene)  |                          |
| <b>Hydration System</b>  | Optional           | 1               | Can be used to replace one waterbottle. CamelBak or Platypus are popular.  | <input type="checkbox"/> |
| <b>Insulated mug</b>   | Must Bring         | 1               | Durable plastic for hot drinks.  | <input type="checkbox"/> |
| <b>Bowl &amp; Spoon/Spork</b>  | Must Bring         | 1               | Durable bowl & metal/plastic utensil.  | <input type="checkbox"/> |
| <b>Camp Towel</b>  | Must Bring         | 1               | A pack towel that is compressible, lightweight, quick-drying, made of a microfiber or microfiber blend. For use after sweating or after getting in water.                  | <input type="checkbox"/> |
| <b>Sunglasses, Wrap-around style</b>   | Must Bring         | 1               | Durable with 100% UV protection.   | <input type="checkbox"/> |
| <b>Prescription Glasses and Contact Lenses</b>                                     | 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"/> |
| <b>Eyeglasses Strap</b>  | Optional           | 1               | Good brands are Chums and Croakies.  | <input type="checkbox"/> |
| <b>Trekking Poles</b>  | Optional           | 1-2             |  | <input type="checkbox"/> |
| <b>Sit pad or Camp chair</b>   | Optional           | 1               | Portable seat for sitting on ground. (Example: Crazy Creek)  | <input type="checkbox"/> |
| <b>Optional Items</b>  |                    |                 |  |                          |
| <b>EQUIPMENT</b>   | <b>REQUIREMENT</b> | <b>QUANTITY</b> | <b>COMMENTS</b>  | <b>CHECK LIST</b>        |
| <b>Camera</b>  | Optional           | 1               | Small, waterproof & shockproof camera. Bring extra battery and memory card. You are not permitted to bring cell phones or tablets on the backcountry portions of the trip. | <input type="checkbox"/> |
| <b>Book</b>  | Optional           | 1               | A small, lightweight book for reading.   | <input type="checkbox"/> |
| <b>English to Spanish / Spanish to English Pocket Dictionary &amp; Phrase Book</b> | Optional           | 1               | For use while improving your fluency.  | <input type="checkbox"/> |
| <b>Small Card Game or Cards</b>  | Optional           | 1               | For down time.   | <input type="checkbox"/> |
| <b>Small Stuff Sacks or Gallon Zipplocs</b>  | Optional           | 2-3             | Used to organize items in your pack. Lightweight dry sacks are convenient.   | <input type="checkbox"/> |
| <b>Camp Pillow</b>   | Optional           | 1               | Should be small, made out of a synthetic material and compressible.  | <input type="checkbox"/> |

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### 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.
- Boots must be waterproof. A Gore-Tex liner is recommended, but not required.
- A comfortable fit with your preferred hiking socks. Boots that are too small are a common cause of blisters.
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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.

#### Mid-weight hiking boots:

Lowa: Terek GTX, Tibet Pro GTX

Garmont: Synchro Gore-Tex

La Sportiva: Thunder II GTX, Garnet GTX, Omega GTX

Scarpa: Himavan GTX, Mangali GTX, Bhutan GTX, Kailash GTX, Terra GTX

Vasque: Wasatch GTX, Summit GTX, Sundowner GTX, Clarion GTX, Taku GTX