

# NCOAE Equipment List

## Ecuador – 14-day Galapagos Islands



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.

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. Remember you will be carrying everything you bring with you on your trip – PLUS some of the food and some of the group gear. 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!

You can save money too using the gear provided by NCOAE and by purchasing many items from the athletic clothing, sporting goods, and camping sections at your local discount store, such as Target. Athletic clothing is usually synthetic and works well for camping.

- 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 cotton sleeping bag to the garage and rent or purchase a lightweight, synthetic 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 expeditions
- Damaged or lost group gear expenses are divided among all participants. Damaged or lost rental gear is charged to the renter.
- Please do not pack jeans or jean shorts. If you have a choice, please pack non-cotton clothing. Mesh or synthetic clothing dries quickest and therefore is the best option while backpacking.
- Remember to bring one or two sets of "in-town clothes" for your return flight / drive after the trip!
- Items listed below with an asterisk (\*) may be available, in limited quantities, for student rental, on an as needed basis.

**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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## Ecuador – 14-day Galapagos Islands

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 Duffel	Must bring	1	Used to organize and store gear while at camp. (Example: Outdoor Products 12x24 Deluxe Duffel).	<input type="checkbox"/>
Ziplocs/ Waterproof Stuff Sacks	Must bring	1-4	Used to organize items in your pack. Lightweight driesacks are convenient (example: eVent Sil DrySack).	<input type="checkbox"/>
Footwear				
EQUIPMENT	REQUIREMENT	QUANTITY	COMMENTS	CHECK LIST
Mid-Weight Hiking Boots	Must Bring	1 pair	Sturdy mid-weight hiking boot / shoe. Please read the Boot Selection Guide at the end of this list.	<input type="checkbox"/>
Hiking Socks	Must Bring	3-4 pairs	Must be a wool, synthetic, or a wool/synthetic blend. <b>No cotton or wool-cotton blends.</b>	<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"/>
Water Shoes	Must Bring	1 pair	<b>Must</b> have a heel strap. For protection from rocks and sharp objects in the water. (Example: Keens, Chacos)	<input type="checkbox"/>
Upper Body Clothing				
You need at least <b>three insulating layers</b> (base layer, mid-weight insulation layer, & puffy jacket), a wind-proof/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	REQUIREMENT	QUANTITY	COMMENTS	CHECK LIST
Base Layer - Long Underwear Top	Must Bring	2	Light or mid-weight synthetic or wool is best. (Example: Patagonia Capilene, Smartwool)	<input type="checkbox"/>
Fleece Jacket / Lightweight Jacket	Must Bring	1	Light to mid-weight fleece or jacket that fits over your base layers. (Example: Mountain Hardwear Microchill)	<input type="checkbox"/>
Long Sleeved Shirt	Must Bring	1-2	Synthetic is recommended.	<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 or wool 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, or Rent \$15.00	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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## Ecuador – 14-day Galapagos Islands

### Lower Body Clothing

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

EQUIPMENT	REQUIREMENT	QUANTITY	COMMENTS	CHECK LIST
<b>Base Layer - Long Underwear Bottoms</b>	Must Bring	2 pairs	Light or mid-weight synthetic or wool is best. (Examples: Patagonia Capilene, Smartwool).	<input type="checkbox"/>
<b>Insulated or Fleece Pants</b>	Optional	1 pair	Fleece pants can supplement other lower layers for folks who get cold easily. Not typically needed for this course area. (Example: Columbia Fleece Pants)	<input type="checkbox"/>
<b>Rain Pants*</b>	Must Bring, or Rent \$15.00	1 pair	Should fit comfortably over your hiking pants.	<input type="checkbox"/>
<b>Hiking Pants</b>	Must Bring	2 pair	Nylon or other synthetic hiking pants are recommended for protection from bugs and dense vegetation.	<input type="checkbox"/>
<b>Nylon Shorts</b>	Must Bring	1-2 pair	Nice for warm days.	<input type="checkbox"/>

### Miscellaneous Clothing

EQUIPMENT	REQUIREMENT	QUANTITY	COMMENTS	CHECK LIST
<b>Sun Hat or Baseball Cap</b>	Must Bring	1-2	Should be wide-brimmed to protect from sun.	<input type="checkbox"/>
<b>Winter Hat</b>	Must Bring	1	For cool mornings/night. Lightweight fleece or wool hat that will fully cover your ears.	<input type="checkbox"/>
<b>Bathing Suit</b>	Must bring	1-2	Necessary for ocean based parts of the adventure.	<input type="checkbox"/>
<b>Buff, Balaclava, or Neck Gaiter</b>	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"/>
<b>Bandana</b>	Must bring	1	For multiple uses.	<input type="checkbox"/>
<b>Leather Work/Gardening Gloves</b>	Must Bring	1 pair	For use on the farm & to keep hands warm on cool mornings/evening.	<input type="checkbox"/>
<b>Underwear/Bras</b>	Must Bring	7-14 pairs of underwear; 2 Bras	Undergarments made from merino wool or synthetic to wick moisture are highly recommended. Cotton briefs for women are acceptable.	<input type="checkbox"/>
<b>In Town Clothes</b>	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"/>

### Miscellaneous Gear

EQUIPMENT	REQUIREMENT	QUANTITY	COMMENTS	CHECK LIST
<b>Required or Prescription Medication (if applicable)</b>	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"/>
<b>Toiletries (2 – 3 oz travel sized only)</b>	Must Bring	1 Set	Toothbrush, Toothpaste, Lip Balm w/Sunscreen (SPF 15 or higher), Moisturizer, Feminine Hygiene products. (Shampoo, Conditioner, & Soap for in-town).	<input type="checkbox"/>

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<b>Watch w/ Alarm</b>	Must Bring	1	Must be waterproof (Example: Timex Expedition)	<input type="checkbox"/>
<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>Pocket Knife</b>	Optional	1	One small pocket knife is sufficient.	<input type="checkbox"/>
<b>Water bottle</b>	Must Bring	2	Durable plastic water bottles. Filter must be included. Should be at least 32oz. Example: <a href="#">Lifestraw Go</a>	<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>Insect Repellent &amp; Sunscreen</b>	Must Bring	1	Small, travel sized bottles – NO AEROSOLS. Sunscreen must be SPF 30 or greater.	<input type="checkbox"/>
<b>Sunglasses, Wrap-around style</b>	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"/>
<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		<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 increased insulation when sitting on ground. Crazy Creek, sleeping pad adaptor, or make from cut foam.	<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 into the backcountry, even for camera use.	<input type="checkbox"/>
<b>Binoculars</b>	Optional	1	Small, travel sized.	<input type="checkbox"/>
<b>Book</b>	Optional	1	A small, lightweight book for reading.	<input type="checkbox"/>
<b>Small Card Game or Cards</b>	Optional	1	For down time.	<input type="checkbox"/>
<b>Ear Plugs</b>	Optional	1-2 pairs	To block out loud sleepers	<input type="checkbox"/>
<b>Notebook w/ Pen or Pencil</b>	Optional	1	A notebook for journaling or drawing.	<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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NCOAE Will Supply		
Students share both the use of and the responsibility for the group gear that NCOAE dispenses.		
Sleeping Shelters	Maps & Reference Books/Materials	Toilet Paper & Trowel
Cooking Equipment & Dishes	Satellite Phone or InReach Device	Compass & Whistle
Course Food	Group Sunscreen & Bug Spray	Extra Water Treatment
First Aid Kit	Soap, Hand Sanitizer & Hygiene Wipes	Paddling Equipment
Sleeping Shelters	Maps & Reference Books/Materials	Toilet Paper & Trowel

### Boot Selection Guide

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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. Please see the Boot Fitting Guide in your enrollment packet for instructions on how to properly fit boots.

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:**

Asolo: TPS Series, Power Lite Series, Matrix Series, Radiant Series, Energy Series, FSN Series

Lowa: Terek GTX, Tibet Pro GTX

Garmont: Dakota, 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, Talus UltraDry

Oboz: Wind River, Sawtooth Mid