



YOSEMITE CONSERVANCY OUTDOOR ADVENTURES

SUGGESTED GEAR LIST FOR A SIMPLE BACKPACK TREK

Welcome to Yosemite Conservancy Outdoor Adventures! We've provided this list to assist first-time backpackers and as a reminder for the seasoned backcountry traveler.

SUGGESTIONS

Pack Weight: Learn to scrutinize each item you want to bring and ask if it's really necessary or if there is a lighter alternative. An average pack weight for a one-night trip is 10-20 lbs.

Clothing: Bring layers as the temperature in the Sierra varies throughout the day. Synthetic clothing is best since it wicks moisture away from the skin.

Food: You are responsible for all your own food. Bring pre-made food to avoid needing cooking utensils and stove. Grab and go sandwich, trail mix and energy/protein bars but pack enough to satisfy your appetite. You are required to store your food in a bear-proof container. Yosemite Conservancy will provide these free of charge. We will combine participants food so not everyone will need to carry one but bring to the trailhead just in case.

**A coupon will be emailed after registration.

Water: It is very important to stay adequately hydrated; you should have bottle or water bladder capacity for two-three liters. If you bring two-three liters you should be fine for the entire program. You don't need a filter if you bring enough for one night and two meals. Water purification is only needed if you don't bring this capacity of water. A water filter or other methods include boiling, UV light, and water purification tablets (iodine).

The following gear list is intended as a guide. You will have a pleasant experience if you take the time to plan what you bring. Enjoy your trip!

Questions? Please call our office at 209-379-2317 x 10

Gear Check List

- Sleeping bag:** Warm, lightweight, and down or synthetic filled. If it has cowboys or spaceships on it, it's probably not warm enough.
- Sleeping pad:** For use under your sleeping bag to insulate you from the cold ground.
- Flashlight/headlamp:** Consider bringing an extra bulb and batteries.
- Bear-proof canister:** REQUIRED. Free rental at the Wilderness Centers with coupon. Will combine food with other participants. One canister/2-3 people will suffice.
- Food**

- ❑ **Insect repellent**
- ❑ **First aid kit:** moleskin and band aids, at least
- ❑ **Toilet paper** (which you will pack out; bring 2 plastic bags for this)
- ❑ **Trowel**-to dig a hole for human waste
- ❑ **Sunscreen** (strong)
- ❑ **Sunglasses** (UV rated)
- ❑ **Lip balm**
- ❑ **Toiletries:** Trial size work best.
- ❑ **Water bottles and/or water bladder:** at least two-three liters capacity.

Clothing

- ❑ **Shorts or pants**
- ❑ **T-shirt or long sleeves**
- ❑ **Warm top**
- ❑ **Hat for shade**
- ❑ **Socks**
- ❑ **Warm hat**
- ❑ **Underwear**
- ❑ **Bandanna**
- ❑ **Tennis shoes are fine**
- ❑ **Rain jacket: if rain is in the forecast**

Optional

- ❑ **Backpack with padded hip belt:** Or any bag that fits your gear-duffle bag or day pack. It's a short hike
- ❑ **Tent with waterproof rainfly:** Check whether forecast to decide if needed. It's encouraged to sleep under the stars and not use a tent
- ❑ **Cooking is optional**-it's recommended to bring easy, pre-made food to avoid these items
 - **Backpacking stove:** Lightweight. Be sure to try it (outdoors!) at home first.
 - **Fuel**
 - **Cookware**
 - **Eating utensils**
- ❑ **Water purification system**-Not needed if you bring 2-3 Liters
- ❑ **Camera**
- ❑ **Binoculars**
- ❑ **Notebook**
- ❑ **Map of the area**
- ❑ **Trekking poles**

YOUR PARTICIPATION SUPPORTS THE PARK

Yosemite Conservancy preserves and protects Yosemite and enhances the visitor experience. Proceeds from Outdoor Adventures are used to fund trail repair & access, habitat restoration, and wildlife protection. Join us in providing for the future of Yosemite.
yosemiteconservancy.org.

