



YOSEMITE CONSERVANCY

Suggested Simple Backpacking List Yosemite Outdoor Adventures Yosemite Conservancy

Welcome to Yosemite Outdoor Adventures! We hope you'll enjoy your backpacking trip. We've provided this list to assist first-time backpackers and as a reminder for the seasoned backcountry traveler.

If you are a first-time backpacker, we suggest you refer to [REI'S Expert Advice](#) backpacking articles and watch a few instructional videos. Go into an outdoor store to talk to knowledgeable staff or search for books at your local library.

SUGGESTIONS

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

Clothing: Bring layers as the temperature in the Sierra varies throughout the day. Avoid all cotton if possible: synthetic clothing is best since it wicks moisture away from the skin. Rain gear is a must. And make sure your hiking boots or shoes are well broken in! If they're new, wear them around at home or work for a few days.

Food: You are responsible for all your own food. Bring pre-made food to avoid needing cooking utensils and a 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. Please pick up a canister from any Yosemite Wilderness Center prior to your trip departure. We will combine participants' food so not everyone will need to carry one but bring to the trailhead just in case.

Water: It is very important to stay adequately hydrated; you should have bottles or water bladder capacity for two-three liters. If you bring three-four 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). There is a water source but not very close if needed.

The packing list on the next page is intended as a guide. You will have a pleasant experience if you take the time to plan what you bring.

Try out your equipment at home.

Enjoy your trip!

Questions?

Reach us at 209-379-2317 ext. 10 or adventures@yosemite.org

BACKPACKING CHECKLIST

TIPS

- Focus on a balance between preparedness, comfort and weight.
- Check the weather prior to your arrival.

ESSENTIAL GEAR

- 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**
- Flashlight/headlamp:** Consider bringing extra batteries.
- Water bottles and/or water bladder:** (3-4 Liter capacity minimum)
- Bear-proof canister:** Your registration fee includes a canister rental that you need to pick up from Wilderness Center.
- Food**

ESSENTIAL ITEMS

- Sunglasses** (UV rated)
- Bathroom Kit:** digging trowel, two sealable bags, toilet paper-there is a backcountry bathroom at the trailhead
- Small First-Aid Kit**
- Prescriptions**
- Sunscreen** (strong)
- Hand Sanitizer**
- Lip balm with SPF**
- Personal Toiletries** (travel size is best. must fit in bear-canister)
- Map of Area**

ESSENTIAL CLOTHING

Avoid cotton fabrics and dress in layers

- Hiking shirt**
- Hiking pants/shorts** (No jeans)
- Insulated Jacket** (fleece, down or synthetic)
- Sun hat**
- Warm hat**
- Socks** (synthetic or wool)
- Sandals** (camp shoes)
- Hiking or tennis shoes:** (Broken in)
- Rain jacket**

OPTIONAL

- Backpack with padded hip belt and rain cover.** Or any bag that fits your gear-duffle bag or day pack. It's a short hike
- Tent with waterproof rainfly and stakes.** Check the forecast to decide if needed. It's encouraged to sleep under the stars
- Trekking Poles**
- Small Travel Pillow**
- Cooking is optional-it's recommended to bring easy, pre-made food to avoid these items**
 - **Portable, lightweight camp stove**
 - **Cookware (+biodegradable soap)**
 - **Eating Utensils**
 - **Fuel**
- Water Filter System and/or purification tablets-only needed if you don't bring 3-4 L of water**
- Mosquito net** (season dependent)
- Insect Repellent**
- Binoculars**
- Field Guide**
- Camera**
- Reading Material/Cards/Notebook**
- Paper/Pencil/Paints**