



Suggested Backpacking Pack 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 three-day trip is 30-40 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: Pack light, but pack enough to satisfy your appetite. Strenuous activity and high elevation can enhance or depress your normal appetite. You are required to store your food in a bear-proof canister. Yosemite Conservancy will provide these free of charge. Please pick up a canister from any Yosemite Wilderness Center prior to your trip departure.

Water: It is very important to stay adequately hydrated when backpacking; you should have a bottle or water bladder capacity for two to three liters. A water filter is the easiest way to purify your drinking water. Other methods include boiling, UV light, and water purification tablets (iodine).

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 209-379-2647 or adventures@yosemite.org

BACKPACKING CHECKLIST

TIPS

- Focus on a balance between preparedness, comfort and weight.
- Pack heavier gear in the middle or bottom of your pack.
- Check the weather prior to your arrival.

ESSENTIAL GEAR

- Backpack with padded hip belt and rain cover.** Almost all of the weight should rest on your hips, not your shoulders. Make sure your pack fits properly.
- Daypack** - Group will leave large packs behind for day hikes.
- Tent with waterproof rainfly and stakes.** Set it up at home first.
- 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 Filter System and/or purification tablets**
- Water bottles and/or water bladder:** (2-liter capacity minimum)
- Portable, lightweight camp stove**
- Cookware (+biodegradable soap)**
- Eating Utensils**
- Fuel**
- Bear-proof canister:** Your registration fee includes a canister rental that you need to pick up from Wilderness Center.
- Backpack-friendly meals** Pack an extra day worth. (no cans or glass)

ESSENTIAL ITEMS

- Sunglasses** (UV rated)
- Bathroom Kit: digging trowel, two sealable bags, toilet paper**
- Small First-Aid Kit**
- Prescriptions**
- Towel** (light and quick-drying)
- Sunscreen** (strong)
- Hand Sanitizer**
- Lip balm with SPF**
- Insect Repellent**
- Waterproof Matches/Lighter**
- Pocket knife** (small and light)
- 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)
- Long Underwear** (top & bottom)
- Insulated Jacket** (fleece, down or synthetic)
- Sun hat**
- Warm hat**
- Socks** (synthetic or wool)
- Mittens or gloves**
- Moisture-wicking underwear**
- Bandanna**
- Sandals** (camp shoes)
- Hiking shoes:** (Broken in)
- Rain jacket and pants**

OPTIONAL

- GPS Unit and spare batteries**
- Trekking Poles**
- Whistle**
- Small Travel Pillow**
- Mosquito net** (season dependent)
- Hand Warmers**
- Needle, thread, safety pins, rubber bands**
- Binoculars**
- Field Guide**
- Camera**
- Reading Material/Cards/Notebook**
- Paper/Pencil/Paints**
- Bathing suit** (swim at your own risk)