



YOSEMITE CONSERVANCY

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 needed, see gear rental suggestions on the last page.**

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 between the hours of 8am and 5pm, prior to your trip departure.

Water: It is very important to stay adequately hydrated when backpacking; you should have bottles and/ 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.

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

- ☐ **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. If you are bringing your own, make sure it is one that is approved for use in Yosemite
- ☐ **Food**

ESSENTIAL ITEMS

- ☐ **Sunglasses** (UV rated)
- ☐ **Bathroom Kit: two sealable bags, toilet paper, and digging trowel** (optional as you could use sticks and/or rocks)
- ☐ **Small First-Aid Kit**
- ☐ **Prescriptions**
- ☐ **Sunscreen** (strong)
- ☐ **Hand Sanitizer**
- ☐ **Lip balm with SPF**
- ☐ **Personal toiletries** (travel size is best and they must fit in your bear-canister)
- ☐ **Map of the area**

ESSENTIAL CLOTHING

Avoid cotton fabrics and dress in layers

- ☐ **Hiking shirt**
- ☐ **Hiking pants/shorts** (no jeans)
- ☐ **Underwear** (moisture-wicking is best)
- ☐ **Insulated jacket** (fleece, down or synthetic)
- ☐ **Sun hat**
- ☐ **Warm hat**
- ☐ **Socks** (synthetic or wool)
- ☐ **Light-weight sandals** (camp shoes)
- ☐ **Hiking or tennis shoes** (must be 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**
- **Waterproof matches/lighter**
- **Water Filter System and/or purification tablets:** only needed if you don't bring 3-4 liters of water
- **Mosquito net** (season dependent)
- **Insect repellent**
- **Pocket knife** (small and light)
- **Binoculars**
- **Field Guide**
- **Camera**
- **Reading material/cards/notebook**
- **Paper/pencil/paints**

GEAR RENTAL SUGGESTIONS

1. Discover **REI's gear rental program** from [Yosemite's local REI in Fresno, CA](#). For a fraction of the cost of buying, you can rent the major necessities to give backpacking a try: backpack, lightweight tent, sleeping pad, cook stove kit, trekking poles. You can also, toss a few backpacking meals and bars into your cart.
2. Not driving through Fresno on the way to the park? What about Groveland? Along 120 West just outside the park boundary in Groveland, you'll pass the Echo Adventure Cooperative. [Echo's Yosemite Basecamp Outfitter](#) has a limited number of backpacking kits available to rent for a weekend's adventure. To reserve, visit echocoop.com.
3. Don't want to stop on your way into the park? If you'd rather have the items at home, well in advance of your trip – we've got a third option for you! KitLender.com offers complete backpacking kits that they will mail straight to your door so you're ready to go at a moment's notice.