



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 20-30 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. For backpack trips to May Lake, you do not need a bear canister since there are bear boxes provided at camp.

Water: We recommend a water filter or other methods include boiling, UV light, and water purification tablets (iodine). You will be camping at May Lake so you can easily filter water for drinking. Or you can carry in your drinking water for the duration of the program.

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

Gear Rental Options

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

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**
 - Tent with waterproof rainfly and stakes**

Flashlight/headlamp: Consider bringing extra batteries.

- Water bottles and/or water bladder:** (3-4 Liter capacity minimum)

- Food**

ESSENTIAL ITEMS

- Sunglasses** (UV rated)
- Bathroom Kit:** digging trowel, two sealable bags, toilet paper-there is a backcountry bathroom at camp and the trailhead
- Small First-Aid Kit**
- Prescriptions**
- Sunscreen** (strong)
- Hand Sanitizer**
- Lip balm with SPF**
- Personal Toiletries** (travel size is best)
- 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

- 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 purification system or 3-4 L of water

- Mosquito net** (season dependent)

- Insect Repellent**

- Binoculars**

- Field Guide**

- Camera**

- Reading Material/Cards/Notebook**

- Paper/Pencil/Paints**