



YOSEMITE CONSERVANCY

Suggested Mule-Supported Backpacking Pack List Yosemite Outdoor Adventures Yosemite Conservancy

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

You can see another detailed list on the [Rock Creek Pack Station](#) website.

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. You are allotted 30 lbs of your personal gear for the mules to carry. Then you can carry anything else in your daypack during the trek.

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: All your meals will be provided by Virginia Lakes Pack Outfit during the trek. This includes 9/2 dinner at the pack station, 9/3-9/5 three meals, 9/6 breakfast and lunch.

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).

- You are responsible for your water during the hike to and from your base camp. Water will be provided at camp.

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.
- ☐ Check the weather prior to your arrival.

ESSENTIAL GEAR

- ☐ **Backpack with padded hip belt and a way to keep items dry during a rainstorm.** Almost all the weight should rest on your hips, not your shoulders. Make sure your pack fits properly.
- ☐ **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** (you can bring a folding cot if you choose but that will be part of your 30lbs on the mule)
- ☐ **Flashlight/Headlamp:** Consider bringing extra batteries.
- ☐ **Water bottles and/or water bladder** (2-liter capacity minimum)

ESSENTIAL ITEMS

- ☐ **Sunglasses** (UV rated)
- ☐ **Bathroom Kit: two sealable bags, toilet paper, and digging trowel**
- ☐ **Small First-Aid Kit**
- ☐ **Prescriptions**
- ☐ **Sunscreen** (strong)
- ☐ **Hand Sanitizer**
- ☐ **Lip balm with SPF**
- ☐ **Pocket knife** (small and light)
- ☐ **Personal toiletries** (travel size is best)
- ☐ **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)
- ☐ **Long underwear** (top & bottom)
- ☐ **Insulated jacket** (fleece, down or synthetic)
- ☐ **Sun hat**
- ☐ **Warm hat**
- ☐ **Socks** (synthetic or wool)
- ☐ **Mittens or gloves**
- ☐ **Bandana**
- ☐ **Light-weight sandals** (camp shoes)
- ☐ **Hiking shoes** (must be broken in)
- ☐ **Rain jacket**

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)**
- ☐ **Towel** (light and quick drying)
- ☐ **Insect repellent**
- ☐ **Rain pants** (in case there is a chance of storms)