



YOSEMITE CONSERVANCY

OUTDOOR ADVENTURES

SUGGESTED GEAR LIST FOR LYELL & MACLURE BACKPACK

Welcome to Yosemite Conservancy Outdoor Adventures! We've provided this list as a reminder for the seasoned backcountry traveler. This trek is not for first time backpackers.

More than what you bring, you need to be in good shape for this demanding outing, so get started early on conditioning for days on the trail:

- Get in a few miles regular walking/running.
- Find some steep hills, some stadium stairs or a tall building's stairway and go up and down.
- Do some dayhikes with a full backpack on.

The books listed below are available on our online store at www.yosemiteconservancy.org or by calling us at 209-379-2648.

- [*Hiking Yosemite National Park by Suzanne Swedo*](#)
- [*Yosemite National Park: A Complete Hiker's Guide by Jeff Schaffer*](#)

SUGGESTIONS

Pack Weight: Learn to scrutinize each item you want to bring and ask if it's really necessary or if there is a lighter alternative. An 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 any cotton if possible: synthetic clothing is best since it wicks moisture away from the skin. Raingear is a must. And make sure your hiking boots 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. 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 container. Yosemite Conservancy will provide a coupon to obtain one from the Wilderness Center free of charge after you register.

Water: It is very important to stay adequately hydrated when backpacking; you should have bottle or water bladder capacity for two-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).

Ice gear: No crampons or ice axes are needed for this trek. We won't go too far onto the glacial ice, so your hiking boots will suffice.

The following gear list 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? Please call our office at 209-379-2317 x 10

Gear Check List

- Backpack with padded hip belt:** Almost all of the pack's weight should rest on your hips, not your shoulders. Make sure your pack fits!
- Daypack** for day hikes
- Tent with waterproof rainfly:** 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 not warm enough.
- Sleeping Pad:** For use under your sleeping bag to insulate you from the cold ground.
- Backpacking Stove:** Lightweight. Be sure to try it (outdoors!) at home first.
- Fuel**
- Cookware**
- Eating utensils**
- Flashlight/headlamp:** Consider bringing an extra bulb and batteries.
- Bear-proof canister:** REQUIRED. Free rental at the Wilderness Centers with coupon
- Food**
- Insect repellent**
- Pack rain cover:** A large trash bag will suffice.
- First aid kit:** moleskin and band aids, at least
- Matches**
- Toilet paper** (which you will pack out; bring 2 plastic bags for this)
- Trowel**
- Towel**
- Sunscreen** (strong)
- Sunglasses** (UV rated)
- Lip balm**
- Pocket knife**
- Needle, thread, safety pins, rubber bands**
- Toiletries:** Trial size work best.
- Water purification system**
- Water bottles and/or water bladder:** at least two liters capacity.
- Map of the area**

Clothing (again: avoid cotton)

- Shorts**
- Long pants:** Not jeans!
- T-shirt**
- Long sleeved shirt**
- Wool or synthetic sweater**

- ❑ **Fleece/puff/insulated top**
- ❑ **Hat for shade**
- ❑ **Socks**
- ❑ **Mittens or gloves**
- ❑ **Warm hat**
- ❑ **Underwear**
- ❑ **Bandanna**
- ❑ **Bathing suit**-swimming at your own risk
- ❑ **Hiking boots:** must be broken in.
- ❑ **Rain gear:** Rain jacket and pants are better than a poncho in windy weather.

Optional

- ❑ **Camera**
- ❑ **Binoculars**
- ❑ **Notebook**
- ❑ **Trekking poles**