

# REQUIRED EQUIPMENT & CLOTHING LIST for YOSEMITE

## **PLEASE BRING ALL OF THE ITEMS LISTED BELOW.**

RAIN GEAR - Rain pants and waterproof jacket is a great combo. Poncho works too. (Mist Trail beckons!)

FOOT GEAR - BOOTS - must be well-broken-in\* and preferably waterproofed.

TENNIS/RUNNING SHOES IN CASE THE BOOTS FAIL. (NOT skate shoes - must be able to lace tightly)

SHOWER SHOES - Flipflops, Tevas, etc

WOOL OR FLEECE HAT - for cool nights and rainy days. (will let you sleep warmer!)

PANTS - two rugged pairs

SHORTS - two or three rugged pairs

SHIRTS - four rugged shirts (at least one long-sleeved.)

SWEATERS/SWEATSHIRTS - Two lightweight ones are better than one heavy one - fleece or wool is best.

JACKET - a lightweight lined parka or heavier wind breaker with a hood is a good choice.

WATER BOTTLE/CAMELBACK - unbreakable one quart (minimum) plastic bottle. make sure that it doesn't leak.

SOCKS - at least five pairs. Thin ("liner") socks are wise additional items. Wearing two pairs of socks reduces the likelihood of forming blisters.

UNDERWEAR - to suit your needs and comfort.

PAJAMAS - to make that after-hours stroll to the restroom more pleasant.

TOILETRIES - Band-Aids, toothbrush, toothpaste, moleskin, personal medication(s), sunscreen (SPF 15 or higher), lip balm, bug spray, BATH TOWEL, WASH CLOTH, SOAP.

SUNGLASSES - VERY IMPORTANT! - Dark glasses to prevent sun blindness and ensure comfort at higher elevations.

LIGHTWEIGHT HAT WITH BRIM - to shade your face and prevent eyestrain

FLASHLIGHT - 2-battery or small pocket size. Bring new batteries/spare bulb.

DAY PACK - big enough for rain gear, extra clothing, water bottle, lunch, journal, pencils...

YOSEMITE JOURNAL ( Mr M will give you at Yosemite), PENCILS, SMALL SHARPENER

SLEEPING BAG (rated to 30 degrees), PILLOW AND SLEEPING PAD

SPENDING MONEY for Travel Meals, SACK LUNCH FOR MONDAY TRAVEL

OPTIONAL: camera, film, souvenir spending money, book light, watercolors and small sketchpad, binoculars . . .

\*Big, heavy boots have their place, but for most hikers, they are not necessary. Heavy boots take more energy (old rule of thumb: One pound on your feet = 5 on your back!) Lightweight boots should offer ankle support and traction on rocky and slippery surfaces. *Above all, boots must be comfortable.*

Blisters can be a painful part of your Yosemite experience. It is important to prepare your boots and your feet for hiking. Wear your boots for half-day periods for several weeks before our Yosemite trip. Don't forget your moleskin!