**3 – Day Yosemite Practical Survival Course**

**Gear list (per person)**

Please follow this list as closely as possible. Be minimalistic! This is a survival class after all! **The less you bring the better prepared you will be in a real situation!**

**REQUIRED**

* **Clothing** (synthetic or wool preferred, the less cotton the better)
  + Base layer top X2 ( any combination of long sleeve and/or short sleeve)
  + Hiking pants X1 (synthetic)
  + Underwear X2-3
  + Insulating layer X1 (e.g.: fleece sweater or down)
  + Insulating Jacket X1 (e.g.: down jacket, warm coat)
  + Socks X2-3
  + Rain jacket (only if the weather predicts a chance of rain)
  + Solid and comfortable hiking boots **(no new shoes!! They must be broken in and comfortable over long distances!!)**
* **Survival Equipment** 
  + Fixed blade knife (we can provide)
  + Ferrocerium rod (we can provide)
  + Bic lighter
  + 30-50 feet of strong cordage (550 paracord, or bank line)
  + Metal (stainless steel) drinking container (e.g.: water bottle)
  + Small tarp, space blanket or 3 mil contractor garbage bag
  + Any of your own survival equipment you want to try!
* **Camp Equipment**
  + Headlamp or flashlight
  + Bug spray (small bottle!)
  + Bandanna
  + Eating utensil (e.g. spork)
* **Personal Items**
  + Sunglasses
  + Sunscreen (1-2 oz. tube, if you are in a group, please share)
  + Minimal Toiletries (Only essentials please!! If you are in a group, please share)
* **Food** (we will provide dinners and breakfasts) – Dose out your eating rations for each day for each person, so you are not carrying too much!
  + 1-2 liters of water (stainless steel water bottle)
  + Trail snacks X2-3 per day
    - Perfect Bars
    - Clif Bars
    - Shot blocks (pretty much candy)
    - Rise Bars
    - Lara Bars
    - Jerky
    - Epic Bars (meat)
  + Trail lunches X3
    - Crackers
    - Salami
    - Cheese
    - Tuna in foil pouches (can be bought at Safeway)
    - Smoked oysters
    - Sardines
    - Naan bread
    - Bagels
    - PB&J
    - Trail mix
    - Dried fruit
    - Cookies

**OPTIONAL (ONLY IF YOU REALLY THINK YOU’LL NEED IT!)**

* + Base layer bottom X1 (long johns)
  + More clothing
  + Extra food
  + More than1-2 liters of water
  + Shorts
  + Sunhat X1
  + Extra toiletries
  + Trekking poles (only if you are used to using them)
  + Electronic devices besides your phone

GEAR LIST EXAMPLE

(Total weight incl. backpack = 25 lbs)

**On your body**

* Undies
* Pair socks
* One non-cotton T-shirt
* One pair hiking pants
* Light hiking shoes/boots
* Backpack (5 pounds)
* Sunglasses

**Clothing in your pack** (1 - 2 pounds)

* Two pair undies
* Two pair socks
* One non-cotton long sleeve shirt
* One fleece sweater
* One down jacket
* One light beanie

**Camping gear** (10 - 12 pounds)

* Sleeping tarp or part of a tent (1-2 pounds)
* Sleeping pad (1 pound)
* Sleeping bag (3 pounds)
* Full 1 liter stainless steel water bottle (2.2 pounds)
* Headlamp
* Bandanna
* Pocket knife (optional)
* Bic lighter
* Stainless steel or aluminum cup
* Eating utensil
* Bear can (2.5 pounds)

**Survival Gear** (1.5 pounds)

* Fixed blade knife
* Cordage
* Ferrocerium rod
* Tarp or garbage bag

**Food** (3-5 pounds)

* Freeze dried breakfast X2
* Freeze dried dinner X2
* Naan bread (Trader Joes has a good Garlic Naan)/day = 3 pieces (bagels are great too)
* String or babybel cheese X2/day = 6 pieces
* One small pouch tuna/day = 3 pouches
* Cookies 2-3/day = 6-9 cookies
* Shot block X2
* Perfect bar/day = 3 bars
* Lara bar/day = 3 bars
* Epic bar (pork is the best because it tastes like bacon)/day = 3 Epic bar (pepperoni sticks or jerky work too)

**Personal Items** (0.5 - 1 pounds)

* Sunscreen
* Bug spray
* Toiletries
* Notepad
* Telephone (for camera)