**Yosemite Backpacking**

**Gear list**

Please follow this list as closely as possible. Do not bring more or extra items than are on the list. **The less weight you carry, the happier you will be**!

* Clothing (synthetic preferred, the less cotton the better)
  + Base layer top X2 (long sleeve and short sleeve)
  + Base layer bottom X1 (long johns)
  + Hiking pants X1 (synthetic, zip-off optional)
  + Shorts (optional)
  + Swim wear (yes, we may jump in the river)
  + Underwear X2-3
  + Insulating layer X1 (e.g.: fleece sweater, down sweater)
  + Insulating Jacket X1 (e.g.: down jacket, warm coat)
  + Wind/rain shell X1 (e.g.: light GORETEX jacket)
  + Beanie X1
  + Synthetic socks X2
  + Sunhat X1
  + Solid and comfortable hiking boots **(no new shoes!! They must be broken in and comfortable over long distances!!)**
* Personal Items
  + Minimal Toiletries (Only essentials please!! If you are in a group, please share toothpaste)
  + Sunscreen (1-2 oz. tube, if you are in a group, please share)
  + Pocket knife or Leatherman tool (optional)
  + Headlamp
  + Bandanna
  + Sunglasses
  + Sunhat
* Food Items
  + 2 liters of water! (we recommend two 1 liter bottles, but a bladder is ok too)
  + Three lunches (e.g.: sandwiches, crackers, cheese, salami, tuna, sardines) *Please note that a lot of weight in your backpack is lunch food – think light*!
  + Snacks (trail mix, energy bars, jerky, candy)
* Recommended
  + Hiking poles (highly recommended)
  + Coffe/tea mug
  + Eating utensil (e.g.: spork)
  + Ankle gaitors