



2017 BACKPACKING EQUIPMENT LIST

These supplies are essential for a successful trip. We will go through everyone's packs with you (yes, all of it), so if you're not sure about something you can ask us then. Layering is the key to minimizing weight: pack clothes that can be layered together for extra warmth. Remember, personal items become very heavy when hiking, so we'll leave extra supplies behind. We'll share spray deodorant, toothpaste and sunscreen. You also have to have extra space in your pack for general camp supplies (food and gear) and a bear canister, which we'll distribute at the trailhead. We'll be carrying water pumps and cooking stoves. We'll meet at 2434 McKinley (off Dwight Way in Berkeley) at **8:00 AM** on Tuesday, July 25, and will leave after we check gear. Our return time is **5:00 PM** on Tuesday, August 1, but we'll call enroute home when we have a clearer sense of our timing. Call Lee at (510) 843-6157 or email him at ltempkin@earthlink.net with any questions. This year we are heading to the Ansel Adams Wilderness for the first few days and over the pass to Tuolumne Meadows. Staff is Lee, Ashley, and Yaniv.

Necessary gear (including what you're wearing):

- Frame backpack (big enough for personal gear and a bear canister- at least 60 liters (make sure it fits & talk to Lee if you need to borrow one or want advice purchasing one)
- Good sneakers or hiking boots (1 pair): they must be well broken in before camp (meaning 2-3 all day hikes)!
- Light but warm sleeping bag and sleeping pad (for warmth and comfort): please practice attaching both to your pack. If you need lash straps, be sure to purchase some as well.
- 1 pair of shorts and 1 pair of lightweight pants (fleece pants for night activities and sleeping are better than jeans)
- 2-3 short sleeved shirts
- 1 pair of camp shoes (**light** sneakers/Tevas/Chacos/Keens - NO FLIP FLOPS)
- Enough underwear and three pairs wool or hiking socks (**not cotton**) - no holes
- 1 pair polypro or silk (**not cotton**) thermal underwear – REQUIRED
- Warm shirt and 1 lightweight/packable jacket (down, wool or fleece are best)
- 1 stocking cap or ski cap (it can get cold at night)
- Quality rain poncho to cover you and your pack in the rain while hiking (don't get a flimsy one that will rip easily)
- Swim suit or trunks and a light-weight small or medium sized towel
- Cap, hat or visor and sunglasses (for sun protection – not optional)
- CC bandana for holding snacks and dipping into creeks on those hot days
- Pack cover or large and heavy plastic garbage bag in case of rain (big enough to fit your frame pack)
- Hard plastic bowl or pie plate, hard plastic cup/mug, spoon and fork (no plate or knife is necessary)
- Toothbrush (we'll share toothpaste)
- Lip balm (SPF 30-50)
- Two one-quart size water bottles (screw cover - make sure they don't leak) or large Camelback style bladder
- Small** flashlight or headlamp with new batteries
- \$20 spending money and a clean shirt for the ride home
- Lunch for the first day

❑ A **few** “Power Bars” or snacks for the trail - (we’ll supply you with some at the trailhead): NO MORE THAN 1 LB TOTAL WEIGHT!!!! They are heavy and take up needed space in our bear canisters.

❑ Sketch book or notebook and several pencils (we’ll supply a Bare Book if you don’t have a journal)

Optional gear (remember, even a few extra ounces gets heavy when hiking):

❑ Backpacking tent or bear canister (inform Lee if you have either of these)

❑ Walking stick or hiking poles (great for descents and climbs)

❑ Vitamins or prescription medicines (inform Lee of latter)- Keep to a minimum

❑ Mosquito head net (we have some that you can use if you don’t have your own and need it)

❑ Gloves for those cold mornings

❑ Pocket knife, light binoculars, light-weight camera

❑ Playing cards, a few watercolors or markers or *light* paperback to read (keep it light)

❑ Brush/comb

❑ Tampons or pads (altitude and exercise can affect your cycle)

Forbidden things:

Fireworks

Candy or gum

Drugs or alcohol

Magazines

Phones