



2022 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 filters and cooking stoves. We'll meet at 2434 McKinley (off Dwight Way in Berkeley) at **9:00 AM** on Saturday, July 23 and will leave for Kings Canyon National Park after we check gear. Call Lee at (510) 843-6157 or email him at lee@campchrysalis.com with any questions. Our return is between **4:00-5:00 PM** on Sunday, July 31. We will call en-route home when we have a clearer sense of our exact timing.

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)
- 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 lightweight small or medium sized towel or lightweight sarong (for changing and drying off)
- Cap, hat or visor and sunglasses (for sun protection – not optional)
- Two masks for protection on the trail or the drive, when we might meet the general public.
- CC bandana for holding snacks and dipping into creeks on hot days (we will supply, if you don't have one)
- 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 (these will stay in our vehicles while we hike)
- 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 1/2 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 get heavy when hiking):

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

Walking stick or hiking poles

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, lightweight 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)

Light backpacking chair

Backpacking hammock

Forbidden things:

Fireworks

Candy or gum

Drugs or alcohol

Magazines

Phones