



2013 BACKPACKING EQUIPMENT LIST

These supplies are essential for a successful trip. We will go through everyone's packs with you (yes, all of it) before we leave Berkeley, 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. You also have to have extra space in your pack for general camp supplies (food and gear), which we'll distribute at the trailhead. We'll meet at 2434 McKinley (off Dwight Way in Berkeley) at **8:00 AM** on Monday, July 29, and will leave after we check gear. Our return time is **6:00 PM** on Monday, August 5, 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. And please indicate on the personal information form if you have or can borrow a light, "backpacking" tent or a bear canister. We will bring stoves and water filters. This year we are heading to the Hetch Hetchy area of Yosemite. Staff is Ashley, Erika and Yaniv.

Necessary gear (including what you're wearing):

- Frame backpack (big enough for personal gear and a bear canister (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 and sleeping is best)
- 2-3 short sleeved shirts
- 1 pair of camp shoes (**light** sneakers/Tevas/Chacos - NO FLIP FLOPS)
- 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 or rain jacket with hood and pants (a poncho is lighter and less bulky)
- Swim suit or trunks and a small or medium sized towel
- Cap or visor and sunglasses (for sun protection)
- 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 supply toothpaste)
- Lip balm (SPF 30-50)
- Two one-quart size water bottles (screw cover - make sure they don't leak) or Camelback style bladder
- Small flashlight or headlamp with new batteries
- \$20 spending money and a clean shirt for the ride home
- Personal foot care (a few band-aids, one sheet of mole-skin)
- Lunch for the first day

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

- General gear: backpacking tent, bear canister, propane stove, water filter (inform Lee if you have these)
- Vitamins or prescription medicines (inform Lee of latter)- Keep to a minimum
- Mosquito head net
- Gloves for those cold mornings
- Bandana (for hiking)
- Pocket knife, binoculars, light-weight camera
- Playing cards, watercolors, markers or *light* paperback to read
- Sketch book or notebook and several pencils (although we'll supply a Bare Book for you)
- Brush/comb, deodorant and toiletries (keep to a **minimum**, they're heavy and we share)
- Tampons or pads (altitude and exercise can affect your cycle)
- A **few** "Power Bars" for the trail - (we'll supply you with some at the trailhead also)

Forbidden things:

Fireworks
Drugs or alcohol

Candy or gum
Magazines