



LASTING ADVENTURES, INC.
“Creating Yosemite Memories that Last a Lifetime”
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Day Hike Equipment List

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- ___ **Water Bottles/ Bladder:** Two one-quart wide-mouth water bottles full for departure. Hydration pack is okay too if you are comfortable carrying it. We will supply water filters for re-filling your bottles along the trail. Natural water is unsafe to drink.
- ___ **Food:** Carbohydrates are good! Examples include: energy bars, trail mix, jerky, dried fruit, candy, etc. A pre-made sandwich and fresh fruit is always great on the trail.
- ___ **Hiking Shoes or Boots:** Lightweight, low or high top with good tread/traction (example: Asolo, *Vasque*, *Meriill*, *High-Tech*, and *REI*.) Shoes without decent tread will not be allowed on the Half Dome cables.
- ___ **Hiking socks:** NO cotton. Wool or synthetic (examples: *Smartwool*, *Thorlo*, and *REI* brands.)
- ___ **Shorts:** Lightweight and comfortable.
- ___ **Shirt:** Polypropylene to help wick away sweat and keep you cool.
- ___ **Hat:** Preferably one you can get wet to cool your head.
- ___ **Facecloth** or bandana
- ___ **Sunscreen and Lip Balm**
- ___ **Flashlight** – 3 AAA minimum or a headlamp. (For Extended Day Hikes)
- ___ **Sunglasses**
- ___ **Camera:** Digital or bring extra film. Neckstrap is good help!
- ___ **Trekking Poles** are very helpful and advised (knee relief). We can provide.
- ___ **Gloves** for Half Dome trips. We recommend bicycle or rubber coated gloves. We can provide.
- ___ **Waterproof shell** or lightweight rain gear for the Mist Trail and possible afternoon thunderstorms.
- ___ **Blister prevention** supplies (we do carry this in our first aid kits also.)
- ___ **Fanny Pack or Daypack** (whichever you prefer) to carry all of your necessities
- ___ **Zip lock baggies** for trash
- ___ **Pre-hike dinner:** Eat a balanced meal with nothing that may upset your stomach during the hike. Pre-hydrate that day and night.
- ___ **Pre-hike breakfast:** Bagels, muffins, juice, granola, apple, banana – use the bear boxes!
- ___ **Gratuities** for guides are not required but are appreciated. Typically gratuities range from 10-20% of your trip's total cost; not per guide.

Lasting Adventures, Inc. will bring first aid gear, water treatment supplies, toilet paper/trowel, extra sunscreen, extra insect repellent, and extra snacks! Most of all – HAVE FUN!