



## LASTING ADVENTURES, INC.

*Creating Yosemite Memories that Last a Lifetime.*

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[www.lastingadventures.com](http://www.lastingadventures.com)

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### Winter Camping Equipment List

Everything you pack should be evaluated for weight, utility, and necessity. Seeing as all items will be transported on your back, you must decide what to bring, how much you are willing to spend, and whether or not something is worth the weight. For example, most park visitors like to look and smell nice, but when you have to carefully transport nice clothes and deodorant on your back, it seems of little importance to have either in the Yosemite Wilderness. **Note: everything you bring should be something you do not mind getting dirty and/or wet.**

#### Food

- First Night Dinner:** Front country food is not provided by Lasting Adventures. There are various restaurants in the park (to which we can direct you), but there are picnic tables at the campsites as well as bins for overnight storage, should you choose to bring your own food.
- First Morning Breakfast:** Front country food is not provided by Lasting Adventures. We will accompany you to the coffee shop and cafeteria, which open at around 6:30 AM. If you would prefer to bring your own food, bear-proof containers at the campsite can be used for overnight storage.
- Snacks and Drinks:** Although we have arranged the rest of the food for the backcountry, including snacks, you are welcome to bring some of your own. Everything you bring will be carried in your own backpack.

■ Note: If you have dietary concerns, please indicate on your medical form so we can best accommodate.

#### Hiking Gear

- Backpack\*:** Lasting Adventures will provide. If you bring your own it should be a minimum of 65 L (4,000 in<sup>3</sup>).
- Insulated Winter Boots:** Any comfortable pair of insulated winter boots that you can hike in (examples, Sorrel, La Sportiva).
- Snowshoes\*:** Lasting Adventures will provide. If bringing your own, make sure they are durable and

properly fit your boot.

- Trekking Poles\***: Lasting Adventures will provide. Assists legs uphill and reduce impact on the knees going down.
- Gaiters\***: Lasting Adventures can provide, if needed. Waterproof sleeve that fits over boots to keep out snow and moisture. (Examples: Outdoor Research, Mountain Hardwear, REI)
- Socks**: 3-4 pairs, wool or synthetic. NO COTTON. (examples: Smartwool, Darn Tough, REI)
- Underwear**: 2 pairs of synthetic for hiking and 1 pair of cotton for sleeping
- Long Underwear**: Top and bottom, mid to heavyweight, wool or synthetic.
- Pants**: 1 pair of midweight softshell pants
- Sports Bra**: 2-3 as needed.
- Shirts**: 1 short sleeved synthetic or polypro for hiking and 1 long sleeved.

## **Sleep System**

- Winter Sleeping Bag\***: Rated for -20° to 0° F (-29° to -17° C). Synthetic bags are more durable and economic, but down is much lighter. (examples: Marmot and REI). Lasting Adventures can provide as needed.
- Sleeping Pad\***: Closed-cell foam or inflatable. (example: Thermarest). Lasting Adventures can provide as needed.
- Four-Season Tent\***: Provided, if needed. If you choose to bring your own we recommend 2-3 person tents that are designed for winter use. (examples: Marmot, Mountain Hardwear)

## **Weather Gear**

- Lightweight Jacket**: 1 light fleece or light wool jacket to serve as layering.
- Midweight Jacket**: 1 midweight fleece or wool jacket to use as mid-layer
- Winter Jacket**: 1 very warm winter parka, ideally down or synthetic filled. If down, aim for 600 to 800 fill power.
- Waterproof Shell**: Waterproof and lightweight top (with hood).
- Heavyweight Long Johns or Pants**: Ideally can be layered with lightweight long underwear and softshell pants for optimal warmth
- Hat**: 1 brimmed hat for sun protection.
- Beanie**: Fleece or wool. Must be very warm!
- Buff or Neck Warmer**: Can be used in conjunction with beanie for extra head warmth.
- Midweight gloves**: Fleece or wool gloves for hiking or for layering under mittens
- Heavyweight mittens**: Wool, down, or synthetic. Will serve as the primary warmth for your hands.

## **Accessories**

- Sunglasses:** Protects eyes from harmful UV rays.
- Personal Toiletries:** Toothbrush, hairbrush, lip balm. Everything else will be provided.
- Personal Medications:** Must be clearly labeled and discussed with guides upon arrival.
- Flashlight:** Headlamp is preferable, small handheld is acceptable. (example: Petzl, Black Diamond)
- Water Bottle:** 2 bottles, each 1 liter (example: Nalgene, REI)
- Water Bottle Insulated Sleeve:** One sleeve for each bottle. Helps keep bottles from freezing. (Examples: Nalgene, REI)

### **Eating Gear**

- 1 Small Bowl\*:** Durable plastic or lightweight metal.
- 1 Spork\*:** Durable plastic or lightweight metal. (example: Light My Fire)
- 1 Mug\*:** Durable plastic or lightweight metal.

### **Optional Items**

- Book:** Small paperback, not required. Place in small resealable plastic bag.
- Journal/Pen:** Not required. One will be provided. If bringing a personal journal, place in resealable plastic bag.
- Backpacking Pillow:** Not required as unused clothes in a stuff sack works well also.
- Medium Stuff Sack:** Used to place clothes in while hiking and as a pillow at night.
- Camera:** Digital and film allowed. Place in small resealable plastic bag.
- Cards or Small Games:** Must be placed in resealable plastic bag.
- Gratuities:** For the guides. Although not required, they are much appreciated. Typically, gratuities range from 10-20% of your total cost, not per guide.

\*Lasting Adventures can provide backpacks, sleeping bags, sleeping pads, trekking poles, bowls, mugs and sporks. If you need to borrow any of these items, please notify us and we will send you a gear request form.

**We recommend against the use of cell phones and listening devices on our backpacking adventures in order to help you fully appreciate the wilderness experience. If you choose to bring a cell phone or other electronic device, please pack it in a resealable plastic bag when not in use.**

**This is a recommended list and by no means complete. Please feel free to contact us if you have any questions. Our number is (800) 513-8651. Remember that Lasting Adventures supplies all group cooking gear, stoves, water filters, first aid supplies, toothpaste, and toilet paper.**