



Guide Service Backpacking 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 call us so we can make arrangements for food ahead of time.

Hiking Gear

- Backpack*:** Lasting Adventures will provide. If you bring your own it should be a minimum of 65 L (4,000 in³).
- Shoes or boots:** A good rule of thumb is: if you are used to boots, wear hiking boots; if you are used to shoes, wear trail running shoes. (examples: [Brooks](#), [Merrell](#), [Altra](#))
- Socks:** 2-3 pairs, wool or synthetic. NO COTTON. (examples: [Smartwool](#), [Darn Tough](#), [REI](#))
- Camp Shoes:** Lightweight and comfortable, with a backstrap.
- Underwear:** 2 pairs of synthetic *for hiking* and 1 pair of cotton *for sleeping*.
- Long Underwear:** Top and bottom, light to midweight, wool or synthetic.
- Pants:** 1 pair of lightweight pants.
- Shorts:** 1 pair of lightweight shorts. (If you bring [convertible pants](#), there is no need to bring both shorts and pants.)
- Sports Bra:** 2-3 as needed.
- Shirts:** 2-3 short sleeved synthetic or polypro for hiking and 1 long sleeved.

Sleep System

- Sleeping Bag*:** Rated for 15° to 30° F (-9° to -1° C). Synthetic bags are more durable and economic, but down is much lighter. (examples: [Marmot](#) and [REI](#))
- Sleeping Pad*:** Closed-cell foam or inflatable. (example: [Thermarest](#))
- Tent*:** Provided on all backpacking trips. If you choose to bring your own we recommend 2-3 person tents that are designed for lightweight packing. (examples: [Marmot](#))

Weather Gear

- Lightweight Jacket:** 1 light fleece or light wool jacket for mornings and nights.
- Waterproof Shell:** Waterproof and lightweight top (with hood).
- Hat:** 1 brimmed hat for sun protection.
- Beanie:** Head warmth for mornings and nights.

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/Bladder:** 2 bottles, each 1 liter OR 1 bottle and 1 bladder (example: [Nalgene](#), [Camelbak](#), [Osprey](#))
- Whistle:** Outdoor Retailers sell lightweight plastic whistles, some packs have them included.
- Bandannas/Bufs:** 1-2 any color. Used for sun protection, sweatbands, and emergency tissues.
- Mosquito Head Net:** Small, can be pulled over a hat. (example: [Sea-to-Summit](#))

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.
- Camp Towel:** Lightweight for drying body. (example: [Sea-to-Summit](#), [REI](#), [PackTowel](#))
- Trekking Poles*:** Recommended, but not required. Assists legs uphill and reduce impact on the knees going down.
- Gloves/Mittens:** Light to midweight gloves for cold mornings and nights.
- Medium Stuff Sack:** Used to place clothes in while hiking and as a pillow at night and/or a small packable pillow.
- Fishing Gear:** Must be compact. License required for those older than 16 years old.
- Camera:** Digital and film allowed. Place in small resealable plastic bag.
- Compass:** Can be used in combination with maps (carried by guides) to help teach orientation skills.
- Cards or Small Games:** Must be placed in resealable plastic bag.
- Gratuities:** For the guides/mentors. 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 indicate so on the [Medical Form/Gear Request](#) document.

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 store it in a Ziploc or protective bag.

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.