



LASTING ADVENTURES, INC.

Creating Yosemite Memories that Last a Lifetime.

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Youth Summer Camp 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

- Sack Lunch:** Required for first day lunch. All other meals and snacks will be provided. If you have dietary concerns, please discuss with Lasting Adventures prior to the start date of the trip.

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:** Not needed on Lasting Adventures' youth trips.

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.
- Gloves/Mittens:** Light to midweight gloves for cold 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 leaders 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:** Small and lightweight for washing face. (example: [Sea-to-Summit](#), [REI](#), [PackTowel](#))
- Trekking Poles:** Recommended, but not required. Assists legs uphill and reduce impact on the knees going down.
- Medium Stuff Sack:** Used to place clothes in while hiking and as a pillow at night.
- 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.

Please, Do NOT Pack:

- Cell Phones**
- Listening Devices (iPod, CD Player, MP3 Player)**
- Knives**
- Watches**
- Lighters**
- Fireworks**
- Soap (including anything biodegradable)**

Notes:

- Nearly 95% of Yosemite National Park is designated “wilderness”. Getting the most out of that wilderness means leaving behind distractions such as watches, cell phones, or any listening devices. Guides carry satellite phones on youth trips for emergency situations. If there is an urgent need to make an exception, please speak with us upon booking so we can address the matter. We ask that in these cases, cell phones be used in privacy as not to disrupt the enjoyment of the outdoors for other participants.
- On the two-week programs, there will be a resupply. For those participating in two-week trips, please pack a duffel bag with extra shirts, underwear, socks, pants, shorts, etc. There will be an allotted time to re-pack with clean supplies.
- Participants are allowed to bring money for the gift shop, but don’t forget that you will receive a free Lasting Adventures t-shirt after the trip! So there is no need to spend extra. Any money you do bring should be placed in a resealable plastic bag. You can also label an envelope with your name and the guides can store it until after the trip.

*Lasting Adventures can provide backpacks, sleeping bags, and sleeping pads. If you need to borrow any of these items, please indicate so on the [Medical Form/Gear Request](#) document.

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.