



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

___ **Water Bottles/ Bladder:** Two one-quart wide-mouth water bottles full for departure. A 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 trail mix are always great on the trail. Avoid foods with high water content, as they can freeze at temperatures below freezing.

___ **Hiking Shoes or Boots:** Waterproof high top with good tread/traction (example: Asolo, Vasque, Merrill, and REI.)

___ **Hiking socks:** Absolutely NO cotton. Wool or synthetic (examples: Smartwool, Thorlo, and REI brands.)

___ **Pants:** Softshell waterproof pants are preferred for any snowshoeing hike. If you do not have access to soft-shelled pants, then windproof (hiking) pants with gaiters will work. Jeans are not recommended.

___ **Shirt:** Long Sleeve polypropylene or wool to help wick away sweat and retain warmth.

___ **Layers:** Between 1 and 3 insulating layers depending on the temperature and how easily one gets cold. No cotton if at all possible, as cotton breaks down when wet and loses all insulating properties. Highly recommend bringing a variety of layers instead of one large warm layer. (examples: fleeces, puffy jacket, either synthetic or water-resistant down).

___ **Rain Jacket:** The outermost layer you need for inclement weather. Make sure the rain jacket is waterproof, NOT water resistant.

___ **Hat/Beanie:** Bring one sunhat and one beanie. Weather can change quickly in the Sierra Nevada mountains, going from sunny and bright to gloomy and windy.

___ **Facecloth** or bandana

___ **Sunscreen and Lip Balm**

___ **Flashlight:** 3 AAA minimum or a headlamp. (For Extended Day Hikes)

___ **Sunglasses:** A necessity! Prolonged exposure to bright snow can sunburn the eyes. Make sure to bring some form of eye protection.

___ **Camera:** Digital or bring extra film. Neckstraps are very useful.

___ **Trekking Poles** are very helpful and advised (knee relief). We can provide, as requested.

___ **Gloves:** Minimum one pair of synthetic or wool gloves. Bring a pair of waterproof snow gloves if you foresee playing in the snow a lot.

___ **Blister prevention** supplies (we do carry this in our first aid kits also.)

___ **Backpack** 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

*** Please do not leave any extra food or items with a scent in your vehicle during the hike. Yosemite provides free bear lockers to store these items in. Bears CAN and WILL break rip the door off your car to investigate these smells.***

___ **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!