



# LASTING ADVENTURES, INC.

*Creating Yosemite Memories that Last a Lifetime.*

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

## Lodging and Hiking Trip Equipment List

The following list will prepare you for the hiking portion of your trip. Please note that you will be returning to a resort-style lodge every evening. [Rush Creek Lodge](#) has hot tubs, swimming pools, fire pits, a restaurant, and a game room. You are welcome to bring any additional items not listed below that will make your resort stay more enjoyable.

### For the Daily Hiking Adventures:

#### Food

- Snacks and Drinks:** Although we have arranged the rest of the food for your trip, including snacks, you are welcome to bring some of your own.
  - Note: If you have dietary concerns, please call us so we can make arrangements for food ahead of time.

#### Hiking Gear

- Daypack:** A pack that is comfortable and will hold 2 Liters of water, snacks, and a layer will be sufficient (roughly 20L - 35L in size). We recommend a pack that has a waist belt for comfort while hiking.
- 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](#))
- Underwear/ Undergarments:** We recommend wearing synthetic while hiking.
- 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.)
- Shirts:** 2-3 short sleeved synthetic or polypro for hiking and 1 long sleeved.

#### 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.

#### Accessories

- Sunglasses:** Protects eyes from harmful UV rays.
- Personal Toiletries:** Lip balm for on-trail, and any additional toiletries you may need on trail. Sunscreen and bug spray will be provided by Lasting Adventures.
- 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](#))
- Bandannas/Bufs:** 1-2 any color. Used for sun protection, sweatbands, and emergency tissues.

#### Optional Items

- Book:** Small paperback, not required. Place in small resealable plastic bag.
- 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.

- Beanie or Wool Hat:** For cold mornings.
- 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.
- 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 trekking poles. If you need to borrow these, please indicate so on the [Medical Form/Gear Request](#) document.

**We recommend against the use of cell phones and listening devices while on trail 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 water filters and first aid supplies during hikes.**