

ENVIRONMENTAL SCIENCE PROGRAM CLOTHING AND EQUIPMENT LIST

The items on this list are to be brought by each group participant. Please adjust the number of items according to the number of days you will be spending in Yosemite.

LUGGAGE: ITEMS WILL BE USED ON TRAIL AND IN CAMP

- HIKING BOOTS OR STURDY ATHLETIC SHOES (NO skate shoes or shoes with slick soles)
- EXTRA TENNIS SHOES OR SNEAKERS for evening activities and use around camp
- THREE PANTS rugged pairs (1-2 pairs of shorts if weather is warm), avoid cotton
- THREE SHIRTS that you don't mind getting dirty
- TWO SWEATERS OR FLEECES lightweight wool or fleece layers are best; avoid cotton
- ONE JACKET an insulated layer, such as a parka with hood is a good choice
- FIVE PAIRS OF SOCKS (wool or synthetic preferred, no cotton)
- *THERMAL UNDERWEAR (BOTTOMS/"TIGHTS") very warm and lightweight
- *WATERPROOF MITTENS - mittens are warmer than gloves
- PAJAMAS
- TOWEL
- TOILETRIES shampoo, soap, toothbrush, toothpaste, sunscreen, lip balm
- PERSONAL MEDICATION
- PILLOW
- SLEEPING BAG synthetic or down fill; sheets and blankets are fine if you don't have a sleeping bag
- SUNGLASSES
- LIGHTWEIGHT HAT WITH BRIM
- FLASHLIGHT with spare batteries
- PLASTIC BAGS trash sized to keep your things clean and dry in your backpack
- OPTIONAL: binoculars, field guides, camera, book light, hand sanitizer, alarm clock, trekking poles, knee/ankle brace, small umbrella, earplugs

DAYPACK ESSENTIALS: THESE ITEMS WILL BE CARRIED WITH YOU ON TRAIL EVERYDAY

- DAYPACK must be big enough to fit the items below in addition to some of the group lunch (school backpack is okay)
- RAIN GEAR waterproof, not just water resistant. A rain suit (jacket and pants) is much better than a poncho because it keeps all of you dry. Ponchos and umbrellas can be nice in addition to a rain suit.
- WARM CAP/BEANIE
- TWO WATER BOTTLES each bottle should be at least 1 liter, plastic or stainless steel (large sport drink bottles work, i.e. leftover Gatorade bottles) no glass please
- NOTEBOOK & PENCIL IN ZIPLOC BAG (notebook is not required as NatureBridge will provide a program specific journal, but pencil and Ziploc bag are required)
- EXTRA LAYERS OF WARM CLOTHING
- BANDANA serves as your field lunch placemat

NOTE TO PARENTS AND STUDENTS: PLEASE DO NOT BRING...

- Extra food, including gum and candy- food is not allowed in the cabins. Ample food will be provided.
- Knives
- Electrical appliances and games, including MP3 players, video games, solar chargers, etc.
- Hand warmers- these are wasteful and often end up as litter.
- Anything that would be sadly missed if lost!

BE PREPARED

Please come prepared to hike in a blizzard, in hot sunny weather, or in a rainstorm. Weather is variable. Layer clothing on top of each other for greater flexibility, as temperatures change throughout the day.

REGARDING YOUR BOOTS OR STURDY ATHLETIC SHOES

Purchase boots at least two months ahead of time. Fit with a thick pair of wool socks. Buy boots that fit your needs. Many people over-buy, assuming bigger means better. Big, heavy boots have their place, but for most hikers, they are more than necessary. Hiking boots should offer ankle support and traction on rocky and slippely surfaces. Above all, your shoes must be waterproof and comfortable. Blisters can be a painful part of your Yosemite experience. It is important to prepare your boots and your feet for hiking. Wear your boots for half-day periods for several weeks before your Yosemite trip. This allows boots and feet to get used to each other. The same advice applies for new sturdy athletic shoes.

WHERE TO GET EQUIPMENT

Wool and many other items on the equipment list may be purchased inexpensively from Army/Navy Surplus, Salvation Army or Goodwill stores. Most sporting goods and backpacking shops (REI, Big 5, etc.) will carry the equipment listed, and many will rent as well as sell gear.