

Y HIKE EQUIPMENT LIST

Please bring the following items with you on the Y Hike. Remember, in addition to your personal gear, you will have to carry a share of your group's food and group equipment, so do not overload with non-essentials!!

Keep in mind that the Sierras are a very "alpine" environment- Mt. Whitney is taller than the Rockies. We will be at elevations of anywhere from 7-12 thousand feet, so there may be extreme weather, both bright sunlight (thin air and above tree-line makes for bad sunburns) and extreme precipitation (there can be rain, hail, snow, and >40mph winds even in early September). Most years, precipitation is not a big problem, but it's important to be well prepared just in case. Also, the temperature ranges from around 30-45°F at night to 70-90°F during the day, so it is important for comfort to have good, warm clothing for night and lightweight clothing for hiking, and several layers for in between.

Required--Individual Gear:

- any needed medications
- hiking boots--well broken in (not brand new!), preferably ankle height or good running shoes
- camp shoes (such as sneakers or sandals)
- * frame pack
- * warm sleeping bag w/ waterproof stuff-sack or in a plastic garbage bag
- * closed cell foam pad
- 2 - 4 liters worth of water bottles
- good jacket
- rain gear top (bottom is also recommended)
- warm, insulating-when-wet clothing (such as wool/poly-pile sweater)
- stocking cap and gloves or mittens
- long underwear (polypro, thermax, etc.)
- pants (preferably not blue jeans--they aren't warm when wet! Sports stores have good synthetic or wool pants)
- 2 or 3 pair heavy socks (preferably wool) 3 pair light socks to be worn under heavy socks (preferably not cotton)
- cool, refreshing-when-wet clothing (such as cotton shorts and t-shirt)
- extra change of each clothing group
- personal toiletries (keep it simple, less is more, and NO SOAPS--they pollute the water)
- eating kit (bowl, spoon and fork, 12 oz. cup at least)
- sunglasses and sunscreen (UV blocking--SPF 15 or more)
- hat with a brim
- money for meals en-route and emergencies (\$20.00 or so)
- * 2 large plastic bags (1 to cover pack in rain)
- lightweight flashlight or head lamp with extra batteries

Optional:

- insect repellent
- bathing suit and small towel
- camera
- small pocket knife (recommended)
- compass
- bandanna(s)
- cards/games/small musical instruments, e.g., harmonica
- * personal first aid -- not essential: band-aids, moleskin, etc.

Group Gear that you might have volunteered to bring: (only if we requested you bring them)

- * backpacking tent with full rain fly
- * cook kit with big pot, potholders, etc.
- * stove with windscreen
- * extra fuel bottles
- * water filter

* **These items are provided by the Y as needed; on your application, you should have reserved individual items that you need and told us about any group items that you have. You will be contacted if we want you to bring any group gear you may have indicated having.**

Not Allowed: alcohol, firearms, soaps, non-medical drugs.