

## Caltech Y-Hike Packing List

Much of our time in Yosemite will be in the valley (4,000 ft.) but hikes will take us much higher (possibly up to 10,000 ft.). Temperatures and weather conditions – which could include sun, rain, and even snow – will fluctuate significantly. Average low to high temperatures for our time-period are: upper 40's to mid 70's in the Yosemite Valley campground; and mid 30's to mid 60's on some trails.

It is important for comfort to have good, warm clothing for night lightweight clothing for hiking, and several layers for in between (wearing layers allows you to adjust as needed - a key to staying comfortable in regularly changing situations). But remember, space is limited – we need to fit everything in our vehicles. Please bring the following on the Y-Hike:

### **Required:**

- a re-useable face mask, and a back-up (for when called on for COVID-19 protocols)
- personal identification
- money for meal stops to and from Yosemite, showers if desired, souvenirs, and snacks (at least \$40.00)
- any needed medications and personal toiletries (including small personal hand sanitizer)
- daily underwear & socks (cotton is ok for some days but is usually not the best choice for significant hikes)
- 1 – 2 pair of durable, loose shorts or light weight pants for hiking
- 4 – 5 light t-shirts
- light weight long sleeve shirt(s)
- sweater or sweatshirt – options that are insulating when wet (like wool / poly-pile) are ideal but not essential
- long pants for colder weather – as above synthetics or wool are better options than jeans if you have them
- hiking boots or running shoes with tread -- well broken in (not brand new!)
- jacket – waterproof or at least water resistant --rain is a possibility
- sunglasses and sunscreen (UV blocking--SPF 15 or more)
- day pack to carry snacks, water, misc. while hiking
- plastic bowl, mug, fork and spoon (for repeat use)
- water bottles – 64 to 128 oz. combined capacity
- warm sleeping bag (rated for 20° or colder) (may be borrowed from the Caltech Y )
- closed-cell foam, or self-inflating, sleeping pad (may be borrowed from the Caltech Y)

### **Optional for Everyone**

- insect repellent
- long underwear (polypropylene)
- hat (wool or synthetic fleece) and mitts/gloves
- lightweight flashlight or headlamp & extra batteries
- hat with brim (for sun)
- extra camp shoes or sandals
- travel towel
- swim suit if you are interested in the possibility of swimming (unlikely, but possible)
- small pillow
- camera & extra batteries
- personal entertainment (card games, book, etc.)

\* You may want to pack some items in a large ziplock bag inside your travel bag to keep it dry if the forecast call for rain