

## What to Bring—Sierra Hike and Kayak

### Equipment--Mandatory

- **Backpack or duffel** that holds all your gear for the van ride and the walk to and from the campsite.
- **Sleeping Bag & Ground Pad**--mummy style sleeping bag, warmth rated to 32 F° or colder.
- **Bowl and spoon**, plus optional mug for hot drinks. Fork and knife, if you want to be fancy ☺ Lightweight and durable. *A Tupperware-style container works well instead of a bowl.*
- **Day Pack** – big enough to carry your jacket, camera and water and some of the group’s lunch food each day.
- **Water Bottles**—at least 2 Quarts (2 L) capacity—nice reusable bottles are made by companies like Nalgene--or you can just bring a few Gatorade bottles.
- **Flashlight/Headlamp**-- light and extra batteries.
- **Hiking Boots or trail shoes**- If you are buying a new pair, make sure that they are worn in before the trip.
- **Sun hat, sunglasses, sunblock, chapstick/lip balm with SPF**—the sun is very intense at high elevation.

### Clothing

If you are unsure about whether or not to bring something, bring it. We can always leave it in the van. Remember, it gets cold at night in the mountains—be prepared for frost, even in summer!

**Base Layers**--against the skin, should be light, stretchy and comfortable. A good strategy is to bring three sets of ‘base layers’: one for hiking, one for in camp/sleeping, and one for the van ride home.

- Base layers for hiking: underwear, shirt, shorts, thick socks, *optional liner socks to prevent blisters.*
- Base layers for in camp/end of the day: underwear, shirt, pants, light socks, warm socks.

**Mid Layers**--for warmth—several light layers are more versatile than one heavy sweater. Synthetic fabrics (e.g. polyester fleece) and wool are recommended because they keep you warm even when wet. A cotton sweatshirt is not the best option for a warm layer—if it gets wet in a storm it will become heavy and useless.

- Fleece pants, synthetic leggings, or long underwear. Bring two layers if you get cold easily.
- Long underwear top or lightweight polyester fleece sweater (e.g. Patagonia Capilene 2 Top)
- Mid-weight wool or polyester fleece sweater (e.g. Patagonia R1 or Capilene 4 Top)
- Goosedown or synthetic-fill insulated jacket or heavy wool/fleece sweater. Nice and warm!
- Hat, beanie or stocking cap--something warm in wool or fleece. MANDATORY!

**Outer Layers**--for protection from wind, rain and snow.

- **Waterproof rain jacket with hood. This is absolutely essential on all mountain trips! Please be sure it is actually waterproof, not just a wind-breaker. If you can suck air through the fabric, it is not waterproof.**
- Rain pants—depending on the weather you might be able to go without—but these are nice to have.

**Personal Gear**—optional items for comfort

- Camp Shoes – an old pair of tennis shoes works fine. Sandals or flip-flops are ok.
- Personal Medication--please notify the guides about all prescription medications you carry.
- Personal Toiletries (no smelly deodorants, perfumes, etc... bears love that stuff!)
- Camera - If your camera is not waterproof, store in camera case or Ziploc bags.
- Large Ziploc Bags--for waterproofing, storage, trash... bring a few, they are light and multi-purpose.
- Swimsuit (or just swim in your hiking clothes and dry in the sun)
- Journal, Book, and Pen
- Money - You will need \$\$\$ for meals and snacks on the driving day
- Camp chair or hammock (trees conveniently located for hammock not guaranteed)

