



## GOLDEN STATE GUIDING

### EASTERN SIERRA, SEQUOIA KINGS, YOSEMITE EQUIPMENT LIST

Below is the minimum equipment list for our backpacking programs

Need	Packed	
x		Hiking Boots
x		Snowshoes (conditions dependant)
x		Snow Spikes (conditions dependant)
x		Backpack (minimum 70 liters)
x		Trekking Poles (Snow Baskets conditions dependant)
x		Sleeping Bag & Liner (0-20 degree preferred)
x		Inflatable Sleeping Pad (R-rating, over 5 preferred)
x		3/4 Season Tent or Bivy Sack
x		Pillow
x		Sunglasses
x		Sun Hat
x		Beanie
x		Gloves
x		Insulated Jacket (puffy)
x		Fleece Top
x		Base Layers (top and bottom)
x		Wind Shell Jakcet
x		Extra Socks
x		Gaiters (conditions dependant)
x		Headlamp & Extra Batteries
x		Sunscreen
x		Eating Utensils (Plate, Spork, Cup, Utility Knife) & Toiletries
x		Stove, Fuel, & Lighter
x		Hydration System (water bottles or platypus)
x		Food (a meal plan template will be provided)
x		Cell Phone + Charger
x		After Trip Clothes (left in car)
x		First Aid Kit (optional, your guide(s) will have one)
x		Map & Compass (optional)