



# LADIES WEEKEND OUT

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)