



Packing List

Follow this checklist closely when packing for your trip. Your safety and comfort depend on it! Check in with your group coordinator for your specific trip location(s).

Check in with your lead teacher about current snow conditions. We sometimes can have a thick layer of snow on the ground as early as September and as late as May. [Always check current weather and snow conditions](#) in Yosemite National Park when packing.

Clothing

- Rain jacket with hood - Gore-tex or coated nylon, no plastic vinyl.
- 3-4 pairs wool or synthetic socks, no cotton.
- Underwear and sports bras.
- Long underwear top and bottom – silk, wool or synthetic, no cotton.
- 2 T-shirts – one for hiking; one for in camp.
- 1 warm hat/beanie, 1 lightweight hat with brim.
- Bandanna for trail lunches.

March–October/No Snow

- Hiking boots/sturdy athletic shoes (broken in).
- 1-2 fleece jackets, wool sweaters or down jackets.
- 1 pair of shorts - could be zip-off shorts from hiking pants.
- 1 pair of pants - quick-drying hiking pants, no cotton.
- 1 pair of rain pants - Gore-tex or coated nylon, no plastic vinyl.
- 1 pair of gloves or mittens.

November–February/Snow

- Winter boots - broken in, waterproofed, removable insulating liners and space to wear heavy socks. Waterproof hiking boots work but are not as warm.
- Gaiters - knee-length preferred over ankle-length.
- Booties - down or fleece for keeping feet warm and dry around camp.
- 2 fleece/wool sweaters.
- 1 pair of fleece or wool pants, no cotton.
- 1 pair of rain pants or snow pants, gore-tex or coated nylon, no plastic vinyl. Insulated, waterproof snow pants will work instead of rain pants but make regulating temperature hard.
- 2 pairs of mittens (warmer than gloves). One pair should have a waterproof outside layer for use in snow and the other should be fleece or wool.

Personal Equipment

- Personal medications – an adult will distribute personal medications (prescription and over-the-counter) during your time with NatureBridge.
- Menstrual products - access to a store is limited.
- Backpack - Capacity of at least 65L, internal frame packs preferred. Must be able to fit bear can, personal gear and group gear, such as tents and stoves.



- Sleeping pad – lightweight foam or Thermarest-style inflatable.
- 3 garbage bags – Large, heavy duty bags for protecting pack from rain and snow.
- Lightweight eating gear – cup, bowl, spoon.
- Two water bottles – quart or liter-sized.
- Flashlight or headlamp with spare batteries – small and lightweight.
- Chapstick – at least SPF 15.
- Other toiletries* – toothbrush, small tube of toothpaste.
- Journal and pen/pencil in Ziploc bag.
- Knee/ankle brace – required for students who normally use them for physical activity.

March–October

- Sleeping bag and stuff sack - warmth rating between 0-20°F, no cotton.
- Sunglasses.

November–February/Snow

- Sleeping bag and stuff sack - warmth rating at 0°F or below, no cotton.
- Dark sunglasses or mountain goggles. Must screen ultraviolet light to prevent snow blindness.

Optional Gear

- A small paperback book or field guide
- Camera – strongly recommended that you bring a camera that is separate from your phone.
- Trekking poles – recommended for students with knee or ankle issues.
- Another pair of sneakers, sandals or “croc”- style shoes to wear in camp and potentially for stream crossings.
- Wool or fleece scarf or neck-warmer.

Clothing & Gear for Nights in Cabins

These extra items will be locked in a storage space during your backpacking trip.

- Clothes for hiking, sleeping and transportation on non-backpacking days.
- School backpack for going on short hikes on cabin days.
- Toiletries, such as soap and shampoo* – you will not be able to shower while backpacking, but you may when staying in cabins.
- Pillow and towel if staying at our Crane Flat campus (not necessary in Curry Village).

Please do NOT Bring:

- Extra food including gum and candy. Food is not allowed in cabins. Ample food will be provide.
- Knives.
- Bug spray.
- Electrical appliances and games, including MP3 players, video games, solar chargers, etc.



- Anything that would be sadly missed if lost!

**Toiletries*

On your backpacking trip, everything with any sort of scent will have to be stored in a limited number of bear-proof canisters that you will carry with you. This includes all food, toiletries, toothpaste, lip balm, sunscreen, etc. Space in these canisters is very limited, and animals will readily go after any scented items not properly stored. For this reason, students are restricted in their toiletries on the backpacking portion of the program. Soap, shampoo, deodorant and lotions can be used during your stay in cabins, then put in storage during your time in the backcountry.