



Preparing for your Hike to Half Dome

Listed below are recommendations for your hike. Please get everything ready the night before.

We are very excited to have you join us in exploring what we believe is California's most beautiful national park! Please take a close look at the following details to help you best train for this adventure.

Please come with the following food and water:

- 120 ounces of water and 20 ounces of a sports drink
- Additional snacks such as granola bars, cliff bars, pretzels, dried fruit, crackers, fruit, and trail mix

Pre-Hydration- It is extremely important to pre-hydrate the day before a **strenuous** Half Dome hike. Make sure to drink at least one gallon of water and at least 16 oz of sports drink in the 24 hours leading up to the hike. You should also drink about 20 oz of water in the morning before you hit the trail. These steps will make your Yosemite experience a lot more enjoyable. Also, we try to minimize our impact on the environment while hiking, so please wear footwear that you are comfortable getting dirty if there is mud on the trail.

Please avoid caffeinated drinks as they cause dehydration and may have negative effects on your body throughout the day.

Preparing for the Hike

All participants on these hikes should prepare for the hike by engaging in prior fitness training. We suggest 3-5 days of cardio activities per week leading up to your trip, and hikers should ready themselves to spend up to 12 hours on the trip's final event.

- On the day of the Half Dome hike, expect to gain almost 5000 feet of elevation and hike over 17 miles round trip. We will break up the day into 8 stages where we will alternate between gentle gains and climbing steep granite steps with a final ascent on the famous cable portion. Our naturalist will prepare you for each stage and coach you throughout the day's journey with proven techniques for such endurance hikes.

Most Important of All!!

Before your journey, it is important to get a good night's sleep. Early to bed and early to rise will lessen the potential to run into crowds and help facilitate the enjoyment of the outdoors. See you on the trail!

P.O. Box 67 • Angels Camp, CA 95222 • www.oars.com • 1-800-346-6277