

Yosemite & Tuolumne Hiker Suggested Packing List

For packing tips and general packing information, refer to your Trip Planner.



Equipment and Personal Items:

- Day pack / Hydration pack: large enough to carry water, lunch, camera, a warm layer and rain gear for our hiking in Yosemite (750 – 2000 cubic inches).
- Water bottles: 2 heavy-duty and minimum 1-liter capacity each, with a carabiner to attach it to the boat. For day hikes, hydration systems like a CamelBak® are great, but you will still want one water bottle while in the boat.
- Headlamp or flashlight; spare batteries are a good idea
- Plastic bags: 1 large trash bag and assorted zip-loc bags
- Sunglasses (preferably polarized) with securing strap
- Small, quick-drying towel
- Toiletries, including biodegradable soap and shampoo
- Sunscreen; waterproof & SPF 30 or higher
- Lip protection; SPF 30 or higher
- Moisturizing lotion or cream
- Insect repellent: mosquitoes can be challenging in the high country of Yosemite
- Personal first aid kit (band-aids, antibiotic ointment, ibuprofen, moleskin, eye drops, etc.)
- Spare pair of glasses and/or contacts (blowing sand can cause problems for contact wearers)
- Cash for gratuities, as well as goodies at various shops in Yosemite

Footwear:

- River shoes or sandals: 1 pair to wear on the river and for short wet hikes
- Hiking boots or shoes: 1 pair with good tread and comfortably worn-in to prevent blisters
- Hiking socks: 4 – 5 pairs, mid-weight

Clothing:

- Long-sleeved shirt: 2 – 3; lightweight and light color for sun protection (UPF rated shirts are great)
- Long pants: 1 pair, lightweight and light color for sun protection
- Shade hat or visor with securing strap and a spare
- Bandana
- Rain jacket & pants: *waterproof* (not water resistant) to protect you from the wind and splash from rapids, as well as rain. A hooded jacket is recommended as well as good secure closures around your head, neck, wrists and ankles.
- Swimsuit / swim trunks: 1 (Two-piece suits recommended for women). Tankinis are a great option.
- Underwear: quick-drying
- Quick-dry shorts: 2 pair
- Quick-dry T-shirts/tops: 2 – 3
- Synthetic long underwear top & bottom: 1 set light- to mid-weight
- Fleece top & bottom: 1 set light- to mid-weight
- Camp clothes: comfortable and casual for evenings in the Park

Additional Essentials for early-season trips (June):

- Extra pair of dry shoes for camp
- Wetsuit booties and/or neoprene socks
- Additional fleece top & bottom
- Warm hat and gloves: synthetic or wool
- Extra set of synthetic long underwear top & bottom
- Neoprene shirt, like NRS Hydroskin®

Optional Items:

- Sarong: useful for sun protection/changing clothes
- Flip-flops or Crocs® for in camp/lodge only
- Bathing wipes: pre-moistened disposable towels
- Binoculars
- Camera and accessories
- Splash jacket and pants, with neck and wrist gaskets
- Lightweight cord and clothespins for drying clothes
- Sketchbook, notebook and pen, paperback book