



All **Back to Earth** participants should use the following equipment list to prepare for your wilderness experience. Please let us know if you have any questions regarding the information below. Our friendly and knowledgeable staff can assist you and can recommend places to purchase or rent equipment that you do not already have. Get psyched!!

**Individual Clothing (each participant should have the following items)**


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- Hiking boots
- 1 pair extra footwear (flip-flops, Texas™, etc.)
- 2 pair liner socks (synthetic, silk)
- 2 pair hiking socks (wool, synthetic)
- 3 pair underwear (up to you)
- Long underwear bottom (synthetic)
- Long underwear top (synthetic)
- 2 t-shirts
- 1 long sleeve shirt
- 1 pair shorts
- Warm top layer (fleece, wool sweater)
- 1 pair long pants (synthetic)
- Rain and windproof jacket

- Warm hat
- Sun Hat
- Bathing Suit
- Gloves
- Sunglasses

**\*\*Cotton is BAD.** It retains moisture and makes you cold. Please use synthetic, wool, or silk whenever possible.

**\*\*Backpacking Yoga** participants should bring at least 1 set of clothes to wear while practicing yoga, and another pair to change into after yoga

**Individual Equipment (each participant should have the following items)**


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- Backpack with sufficient hip-belt (at least 3,500 cubic inches)
- Sleeping bag (mummy style, rated to stay warm at least as low as 20 degrees)
- Sleeping pad (backpacking style, not camping)
- 1 garbage bag to line your backpack
- Flashlight/headlamp with fresh batteries
- Mug with handle

- Tupperware style dish for meals (lid is good)
- 2 1-quart/liter water bottles
- Spoon
- Pen & paper
- Camera with film (optional)

**\*\*Backpacking Yoga** participants should bring a yoga mat as well.

**Individual toiletries (each participant should have the following items)**


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- Lip balm/block & small sun block
- Toothbrush
- Hair bands if necessary
- Bandanna or small washcloth
- Personal medications & ibuprofen or acetaminophen

- Hygiene products (including feminine hygiene products) – small brush or comb, toothbrush with small container of toothpaste, nail clippers, and moleskin if you are prone to blisters
- Glasses/contact lenses with cleansing solution

**Equipment Resources**


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- REI (SF, Berkeley, Corte Madera), Wilderness Exchange, Marmot, Any Mountain,

**\*\*\*Please do not bring much more equipment than is on this list, especially toiletries.** Trips to Yosemite have to pack all toiletries & food into small bear-proof canisters at night, so saving space is very important. Prior to hitting the trail we will help you to determine whether you have too little or too much stuff



*We have had many valid questions over the years about the size and style of the equipment below. Attached are photos and descriptions to make sure you are equipped with the gear needed to make your trip as comfortable as possible.*

### Individual Equipment

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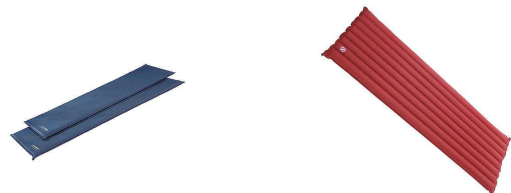
- Backpack with sufficient hip-belt (at least 3,500 cubic inches), these below are 4,000 cubic inches. Day packs, convertible travel packs and other non-backpacking bags are not sufficient for this trip.



- Sleeping bag (mummy style, rated to stay warm at least as low as 20 degrees) with a stuff sac for easy packing



- Sleeping pad (backpacking style, not camping), these pads will roll up and fit neatly on the side of your bag



### Equipment Resources

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REI (SF, Berkeley, Corte Madera), Wilderness Exchange, Marmot, Any Mountain,