



Balanced Rock

look inward, explore outward.

Campground Programs Packing and Equipment List

Below is an overview of essential gear and equipment that you will need to bring with you on our upcoming Balanced Rock course. We will be staying in one of the established campground in the park, as well as spending most of our days out in the forests and flowers of Yosemite. The weather in Yosemite can be quite variable, so we encourage you look over this list carefully, and feel free to call or email with any questions you have around specific packing needs.

Good equipment does not necessarily mean the most expensive gear. Surplus and second hand stores can be a great source for used clothing, boots, gear, etc. In most cities and big towns you can find second hand sports stores like [Play it Again Sports](#). [REI](#) is also a good source for gear, as are most outdoor gear stores. REI and other stores also **rent** equipment if you would rather do that than invest in expensive items such as a backpack. Please be aware that the REI rental program is often busy in the summer season, but you can reserve your gear up to 30 days in advance.

Gear stores like REI are also a great resources for your questions. BRING THIS LIST and YOUR TRIP DESCRIPTION with you when you shop. Your salesperson should be able to answer your questions. If you have further questions about equipment, please do not hesitate to contact us: [\(209\)379-9453](tel:2093799453) or email us at arin@balancedrock.org.

- Clothing appropriate for a wide range of weather. (snowstorms to sunny, summer-like temperatures)
 - Layers are important—t-shirts, shorts, tank tops for day, warm pants and layers for evening.
 - Fabrics that wick water such as wool or synthetics are preferable
 - Comfortable clothing for yoga and hiking
 - Warm down jacket for evenings
 - Rain jacket and pants
 - Warm hat for evenings (wool or polyester ski hat)
 - Mittens or gloves for evening
 - Sun hat
- Sleeping bag (should be rated to 0 degrees for all programs)
- Sleeping pad (Thermarest, Ridgerest, or other closed-cell foam pad)
- Water bottle that holds at least 1 quart.
- Hiking boots (waterproof boots are preferable for possible snow or rain)
- Comfortable camp shoes such as tennis shoes
- Flashlight or headlamp
- Bathing items and toiletries (towel, toothbrush, soap, etc.) Please refrain from bringing/using overly scented items.
- Sunscreen and lip balm with sunscreen

- Day pack for hikes to carry: water, extra clothes, food and incidentals
- Yoga mat and blanket
- Journal and writing utensils
- Camp pillow

Optional Items:

- Camp chair
- Camera
- Musical instruments
- Simple art supplies (For the Art and Hiking course, we will send you a more detailed list of art supplies)
- Book
- Bandanas
- Trekking poles or old ski poles for hiking
- Glasses/contact lenses, spare set
- Ear plugs, goods for sleeping with a group
- Binoculars for wildlife viewing, if you have them
- Small pocket knife