



# Balanced Rock

look inward, explore outward.

## Packing and Equipment List, Crane Flat Programs

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 at the Crane Flat campus of the Yosemite Institute, sleeping in shared cabins heated by wood stoves and spending most of our days out in the forests and meadows of Yosemite. The springtime 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 sleeping bag. 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 resource 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](mailto:arin@balancedrock.org).

- Clothing appropriate for a wide range of weather (snowstorms to sunny, spring-like temperatures). Layers are important—t-shirts , warm pants and layers for evening.
- Sleeping bag /warm bedding/top sheet (cabins provide bed with mattress and clean sheet)
- Comfortable clothing for yoga and physical activity
- Yoga mat and blanket (we will have these available for loan if needed)
- Journal and writing utensils
- Water bottle
- Waterproof rain/snow jacket and pants
- Warm down jacket
- Hiking boots (waterproof boots are highly recommended for possible snow or rain)
- Comfortable cabin/house shoes
- Flashlight or headlamp

- Bathing items and toiletries (towel, toothbrush, soap, etc.)
- Sun hat
- Warm hat
- Sunscreen and lip balm with sunscreen
- Pillow
- Small day pack for hikes
- Mittens or gloves
- Ear plugs for sleeping

**Optional Items:**

- camera
- Musical instruments
- Simple art supplies