

## REQUIRED CLOTHING LIST: YOSEMITE INSTITUTE

PLEASE LEARN FROM THE EXPERIENCE OF OTHERS AND BRING ALL OF THE ITEMS LISTED.

THIS LIST IS FOR A STANDARD FIVE DAY PROGRAM.

- PANTS - three rugged pairs, preferably virgin wool, fleece, pile or synthetic. Please do not bring cotton clothing of any kind, including denim or courderoy pants. In wet clothing and exposed to cold wind, hypothermia-a medical condition of severe body heat loss--will occur. Cotton takes away body heat and is slow to dry. Wool, synthetics, pile, etc. will keep your body warm even when wet. They can save your life.
- SNOWPANTS OR SNOW BIBS.
- SHIRTS - 3 shirts or turtlenecks. Make sure it is not cotton (Wool, synthetics such as orlon, nylon or polyester blends. and fleece). They should be roomy for ease of movement and insulation to keep body warmth.
- SWEATERS - 2 lightweight ones are better than one heavy one. Wool, pile, fleece, etc.
- JACKET - a lightweight lined parka with a hood is a good choice. Zipper pulls should have tabs so they can be worked with mittened fingers. Outer layers should be sized generously so that inner layers can expand to their full thickness. Windproof and water-resistant garments (nylon, Thinsulate, hollofil, Gore-Tex, Thintech, Vapex and Tactel, etc.) will prevent heat loss and allow the body to breathe. Make sure it is fingertip length so waist and hips stay warm. Multiple pockets with zippers, velcro or snaps, are helpful.
- SOCKS - 5 pair. At least 3 wool or wool and acrylic blends (one on your feet, one to hopefully dry, one spare). Cotton socks keep your feet miserable, cold, and dangerously wet, although they are warm enough to wear in bed. Better to have extra dry socks than 5 extra sweaters packed.
- LINER SOCKS - Polypropylene, silk, etc. to wick moisture away from your feet. Your feet shed approximately 1 cup of water a day during a normal day. Liners will help protect and keep feet comfortable.
- UNDERWEAR - Tops and bottoms of polypropylene, capilene, wool, silk. Waffle weaves, etc. of cotton are inadequate and dangerous for reasons stated above.
- PAJAMAS/POLYESTER SWEATS-to make that stroll around the cabin warmer.
- WOOL OR FLEECE CAP, preferably with a brim. - 50%of heat loss takes place through the head, which receives 20% of the body's blood supply. Make sure hat/cap is not tight and the brim keeps out rain, snow and sun.
- MITTENS OR GLOVES- at least 2 pair. Wool, thinsulate, synthetics, Gore-Tex, etc. Waterproofed is best.
- FOOTGEAR - 2 pair. Boots must be well broken in and waterproofed with "Sno-Seal" or other product. Try the boots on with 2 pair of wool socks. Make sure toes are not cramped. Begin breaking in boots at least 2 months ahead of time, increasing wear daily. Shop in the afternoon when feet swell and are largest to fit well.
- TOILETRIES-Toothpaste, toothbrush, sunscreen, lip balm, BATH TOWEL, WASHCLOTH AND SOAP, etc.

- RAIN GEAR -a rain suit (jacket. & pants) is better thmn a poncho which flaps and lets in wind and rain. Coated nylon is durable and keeps you drier than plastic, which becomes brittle in the cold, cracks and tears.
- SLEEPING BAG, OPTIONAL FITTED TWIN SHEET AND PILLOW - good quality synthetic or down fill.
- SUNGLASSES - Dark, sturdy glasses that screens ultraviolet are very important to prevent sun blindness.
- BACKPACK - waterproof it or line with plastic bag. Big enough to contain rain gear, extra clothing, water bottle and Y.I. lunch.
- WATER BOTTLES (2) - Unbreakable. MAKE SURE THEY DON'T LEAK!
- BANDANA - Serves as your field lunch placemat.
- 3 PLASTIC TRASH BAGS to store wet, dirty clothing.
- 1 HANGER/rope and CLOTHESPINS-to dry wet socks.
- BINOCULARS, FIELD GUIDES, CAMERA, FILM, EXTRA BATTERIES, BOOK LIGHTS, ETC. ARE OPTIONAL.
- WATCH/ALARM CLOCK
- SNACKS FOR BUS RIDE, OPTIONAL.
- MONEY FOR FOOD IN FRESNO COMING AND GOING FROM YOSEMITE.
- HOMEWORK, Y.I. JOURNAL, PEN AND PENCILS, STUDENT YOSEMITE CHECK-IN FORM.
- FLASHLIGHT WITH EXTRA BATTERIES & BULBS.

MARK EVERYTHING WITH YOUR CHILD'S FIRST AND LAST NAME. DO NOT PACK IN LARGE TRASH BAGS--GUARANTEED THAT THE BAG WILL TEAR AND EVERYTHING WILL GET WET, LOST, ETC. -- USE A LARGE SOCCER TYPE BAG FOR CLOTHES AND A STUFFSACK FOR SLEEPING BAG, PILLOW AND SHEET.

## NOTES ON REQUIRED CLOTHING LIST YOSEMITE INSTITUTE

### **PHYSICALLY PREPARED**

\* PLEASE COME PREPARED TO BE

COMFORTABLE IN A BLIZZARD, RAIN OR  
HOT SUNNY WEATHER. Weather is variable.

Layer materials (synthetics, polypropylene, pile or  
wool)

Wool or pile is best for winter.

## **A NOTE ABOUT WOOL AND PILE (OR FLEECE) CLOTHING**

Why wool and pile? We believe in them because they can save your life. When wet, wool and pile retain much of their insulating quality and keep you warm. That's not true for down or cotton, which are useless when wet. Military surplus wool garments are often the least expensive warm clothes you'll find. Synthetic polyester fabrics (with names like polar fleece, polypropylene, capilene, polarguard, fiberfill, polarpile and others) maintain insulating qualities even when wet, and they dry quickly. We recommend garments made of these fabrics. Do not bring only cotton clothing! Your life could depend on staying warm when wet.

## **REGARDING YOUR BOOTS**

Purchase boots at least two months ahead of time. Fit with a thick pair of wool socks. Buy boots that fit your needs. Many people over-buy, assuming bigger means better. Big, heavy boots have their place, but for most hikers, they are more than necessary. Heavy Boots should offer ankle support and traction on rocky and slippery surfaces. Above all, boots must be waterproof and comfortable.

Blisters can be a painful part of your Yosemite experience. It is important to prepare your boots and your feet for hiking. Wear your boots for half-day periods for several weeks before your Yosemite trip. This allows boots and feet to get used to each other. The boot leather gets softer and your feet get tougher.

Wool and many other items on the equipment list may be purchased inexpensively from Army/Navy Surplus, Salvation Army or Goodwill stores.

## **WHERE TO GET EQUIPMENT**

Most sporting goods and backpacking shops carry the equipment listed, and many will rent as well as sell gear.