

## FALL MOUNTAIN CAMPING CHECKLIST

2016 Yosemite National Park Adult Retreat

### Quantities:

- Please consider that up to 12 people will be in each van
- Camping is available from Fri. the 16<sup>th</sup> to Thurs. morning the 22<sup>nd</sup> (6 nights, 5 days)
- Bring items of clothing that can be LAYERED easily, for cool nights & windy summits!

### Task List:

- Registration, Health, & Liability forms filled out and returned to **Into the Deep** with down payment
- Tell Jen if I need equipment: a few sleeping pads are available for rent (\$10)
- Contact Jen to coordinate arrivals at the Ontario Airport on Fri the 16<sup>th</sup> & the return drive to Ontario on Thurs the 22<sup>nd</sup>
- Medications (original containers but only as much as needed) in Ziplocs (we have a group First Aid kit)
- Please carry your medical insurance card and driver's license!
- Set up "out of office" replies for cell phone & email: expectation of no electronics (only for emergency)
- Money for souvenirs, gifts, or extra snacks on the road
- Consider food or snacks needed prior to breakfast on Sat. the 17<sup>th</sup> & after breakfast on Thurs. the 22<sup>nd</sup>
- I have packed everything I need for the van ride in a separate, smaller bag from what will be in the back end of the van. (Please include in this small daypack: water bottle, raingear, one warmer layer, headlamp, sunglasses, medicine, camera)
- KEEP ANY FOOD SEPARATE from clothes and out of tents!!!

### Checklist:

- Good raincoat (wind & moisture repellency necessary!)... *for your own good, PLEASE: no plastic ponchos!*
- Optional: rain pants (full zipper up sides is most convenient)
- Light hat & gloves, long underwear tops & bottoms – esp. helpful if you tend to get cold at night or your sleeping bag is thin
- Hiking boots or shoes suitable for hiking on rocky terrain (waterproof can be helpful)
- Comfortable sandals for around camp & driving (optional: flip-flops can be helpful for shower)
- Wool socks for hiking (cotton not recommended)
- Optional: thin pair socks for under heavier socks to avoid blisters (not cotton)
- 2 long pants - quick-dry material (nylon, etc.) is helpful; NOTE that jeans are very slow-drying!
- Shorts
- 2-3 warm layers: sweatshirt, fleece jacket, vest, etc.
- Long sleeve t-shirt(s)
- Regular t-shirts
- Versatile, modest sleepwear (probably cool nights in the mountains) + optional warm socks designated just for sleeping
- Travel pillow (or can roll up a sweatshirt)
- Sleeping bag (suitable for possibly cooler temps)
- Optional: flannel sheet "sleep sack" to line sleeping bag (great by itself if hot/more warmth if cold)
- Thermarest (or other type) sleeping pad
- Swimsuit (optional, if we encounter swimmable lakes)
- Towel (compact/medium size for potential swimming & shower; *we may not have access to showers in this campground*)
- Bandana (serves as a washcloth, to cover head, to keep neck cool/warm, etc.)
- Personal Toiletries (sample size & aim for unscented, put in ziplock)
- Lip balm, sunscreen, lotion (sample size & unscented please, in ziplock)
- Sunglasses, hat to protect from sun/bugs... optional bug headnet
- Small flashlight / headlamp + batteries
- Optional emergency stash: pocket knife, compass, whistle, matches
- Thermal mug (12 oz)** for breakfast foods & hot drinks... put your name on it!
- Water bottles** (at least 2 to re-use, totaling approx. 60+oz.)... put your name on them!
- Camera/batteries/memory card
- If you have one: breviary
- Optional: rosary, journal, pen, bible, book, travel games, cards, etc. (please plan on non-electronic versions!)
- Musical instruments welcome!
- Optional: camp chair (must be compact due to van space)
- Small backpack for hiking to carry water, camera, raingear, layers, etc.