

Equipment List

Prostate Gathering

Yosemite High Country

The 2nd Annual Jan Zlotnick Memorial

Conditions can change rapidly in the mountains. When planning your clothing needs, think about dressing in layers. We will be camping at 8,500' and some of us will reach altitudes as high as 10,000'. The temperatures can change dramatically in the mountains from early morning, through the day and into the evening. In the past we have had evening temperatures as warm as the high 50's but one year we had snow and temperatures in the teens (rare). Expect day time temperatures to be usually in the 70's but we've seen it as high as 95 and as low as 50. Thunderstorms can come in in the afternoons at altitude.

Climbing Team:

Sleeping Bag – Down or synthetic rated to at least 10 degrees.

Sleeping Bag Liner – Silk. (optional, but cozy)

Hiking boots – High top hiking boots with good ankle support are a must. If you're planning on new boots, get them now and break them in.

Casual boots or shoes – For relaxing around the camp after a long day on the trail.

Head Lamp & extra batteries. A smart way to get around in the dark.

Daypack – Large enough to pack a lunch, 2 liters of water, some clothes for weather changes, snacks and incidentals you need for the day.

Hiking Poles – Optional, but highly recommended for hiking safety and to take stress off the joints.

Long underwear – Poly or wool is the best. Just in case it gets cold in the evening.

Sweaters & or sweat shirts – consider a light and a heavy one.

Water Repellent Wind Breaker – Thunder showers are always an afternoon possibility in the mountains, so are windy conditions, especially in higher elevations.

Wind & Waterproof Pants – Same as above

Parka – A down jacket with hood is a great asset when the evenings get cool

Gloves – Keep those fingers warm in the night and early morning.

Socks – The new wool hiking socks are comfortable and user friendly.

Hats – two are suggested. A hat with a brim to shield the sun's rays, also a warm hat for the evening and high altitudes.

Bandana – to save your face from the wind, sun and cold.

Sun Glasses: The sun is very bright at altitude, plan accordingly

Sun Screen – Bring at least a 30 just to be safe

Lip Baum – High altitude sun and wind can be severe

Water Bottles – at least 2 bottles of 1 liter each or a hydration system. If you plan to trek to Clouds Rest, bring three liters.

First Aid Kit – a small one to meet emergency situations. PAF will bring a complete medical kit along.

Camera, memory card & spare battery – (Optional) bring an extra memory card and at least one spare battery pack, they don't last as long at high altitude.

Shoe Laces – an extra pair is optional but can come in handy.

Towels: Consider bringing two. A small, synthetic, quick drying towel is recommended for the trail. A bigger towel for swimming and showering. (There are no shower facilities in the campground, but there are good toilets. We have a hot water system available for dishes and possibly showering.

Gaiters: Optional but good for keeping scree and gravel out of your boots.

Bathing Suit: There are plenty of opportunities to jump in the river and lakes.

Tent: We will be tent camping. Bring your own tent or you can borrow one of PAF's. We have a couple of extras. Please let Ken know your plan.

Camp Chair: (optional but handy) There are multiple picnic tables at our group site but a comfortable camp chair is a luxury.

Mandatory: Positive attitude, patience and a good sense of humor