High Sierra Trip Packing Check List

	Sleeping bag or sleep sack (Required)
	Towels (if showering)
	Insect repellent
	Lip Balm with SPF
	Hat
	Sunglasses
	Hiking boots (broken in)
	Extra socks
	Clothing layers (T-shirts/Tank tops, Long-sleeved shirts, undergarments)*
	Warm jacket
	Pajamas
	Toiletries (Toothbrush, toothpaste, eye care, face wipes, etc)
	Flashlight or head lamp
	Water bottle and/or bladder (2-liter)
	Trail food (granola bars, energy gel, trail mix)
Optional items:	
	Rain jacket or poncho
	Giardia-rated water filter or water purification tablets
	Trekking poles NATIONAL PARK
	Spare batteries or portable charger
	Maps
	Mosquito head net
	Mini first aid kit
Meals only guests:	
	Camping equipment (tent, ground pad, etc).
	Wilderness permit

^{*} The quantity of clothing needed is dependent on the length of your hike. Weather can change rapidly so it is recommended to dress in layers. Technical (wicking/polyester/lightweight) materials are encouraged for guest comfort. Cotton can be heavy and difficult to keep dry.

Camp Store Inventory

Camp stores are available at each High Sierra Camp location from 1:00 to 5:00 pm daily and generally carry the items below, based on availability.

- Hats
- Sunscreen
- Insect repellent
- Lip balm with SPF
- Body wipes
- Travel size toothbrush and toothpaste packs
- Headlamps
- Flash lights
- AA & AAA Batteries
- Water bottles
- Rain ponchos
- Maps
- Travel sized medicines
- Candy bars
- Fuel canisters
- Moleskin
- Bandanas
- Souvenirs (Pins, patches, post cards, magnets)



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