



Campground Packing and Equipment List

Below is an overview of essential gear and equipment that you will need to bring with you on your upcoming Balanced Rock course. We will be staying in one of the established campgrounds in the park as well as spending most of our days out in the forests and trails of Yosemite. Weather in Yosemite can be quite variable, so we encourage you look over this list carefully and contact us with any questions regarding 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. 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 more expensive items. 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 great resources 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 | info@balancedrock.org

What Balanced Rock Provides (All Group Gear)

- SHARED TENTS/SHELTERS– you are welcome to bring your own tent. Please inform us so we can arrange enough space
- ALL FOOD
- FULL KITCHEN INCLUDING UTENSILS FOR YOU TO USE
- FIRST AID KITS, MAPS & EMERGENCY CONTACT SYSTEM
- CAMP CHAIRS

What You Should Bring (Personal Gear)

- Clothing appropriate for a wide range of weather (snowstorms to sunny, summer- like temperatures). Layers are important—t-shirts, shorts, tank tops for day, warm pants and layers for evening.
- Comfortable clothing for yoga and physical activity
- Sleeping bag (should be rated to 0°F for all programs)
- Sleeping pad (Ridgerest, Thermarest, or other closed-cell pad)
- Yoga mat and blanket (Balanced Rock can provide you these if requested in advance)
- Bathing items and toiletries (towel, toothbrush, soap, etc.) Please refrain from bringing/ using overly scented items. Also please keep in mind that any food and toiletries you bring will be stored in a shared bear-proof locker. Journal and writing utensils
- Rain jacket and pants
- Warm down jacket for evenings
- Hiking shoes
- Comfortable camp/house shoes
- Flashlight or headlamp
- container. We appreciate it if you are mindful of the amount and size of scented items you bring.
- Sun hat
- Warm hat for evening
- Water bottle
- Small day pack for hikes
- Mittens or gloves for evening (season dependent)
- Bathing suit
- Towel or sarong
- Sunglasses
- Sunscreen & lip balm with sunscreen
- Ear Plugs

Optional Items

- Your own camp chair
- Insulated mug with lid (we will have small, insulated, lid-less mugs available)
- Thermos
- Camera
- Musical instruments
- Simple art supplies
- Book
- Pillow

Happy packing! If you have any questions don't hesitate to contact us.

Balanced Rock Foundation
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