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## SIERRA LODGE EQUIPMENT LIST

This program takes place at elevations exceeding 7,000 feet in the Sierra Nevada. Weather can be cold in the morning and evenings, moderate during the day. Students sleep indoors and spend days hiking. Comfortable, sturdy walking shoes are very important for exploring the beautiful trails in this park: sturdy tennis shoes work, but broken-in hiking boots are preferable. Rain is a possibility at any time: be prepared with a poncho. Naturalists at Large believes that students learn best in the outdoors when they are comfortable and confident, prepared with the essential clothing and gear. Please do your best to locate, borrow, buy, or improvise on the following list:

### **SLEEPING:**

- Sleeping bag (rated to 20 degrees)  
(*Sleeping bags can be rented from your local outdoor sporting goods dealer.*)

### **EATING, DRINKING, AND DAYPACK:**

- Day pack capable of holding a lunch, water bottle, poncho and notebook
- For optional backpack or outpost camping : plate, bowl, eating utensils, unbreakable cup
- 2 Water bottles: one quart minimum each**

### **CLOTHING:**

- Boots (well broken in) OR STURDY WALKING SHOES (Nike makes good hiking shoes)
- Wind breaker
- Warm jacket
- Poncho OR coated nylon rain jacket with hood and rain pants
- Wool cap for later fall or early spring trips
- Gloves/mittens for late fall or early spring trips
- Sweaters (wool or acrylic: no cotton)
- Shoes that can get wet
- Jeans or sweatpants
- Shorts for walking
- Socks: heavy wool or synthetic (cotton does not retain heat when wet)
- Lightweight synthetic socks
- Underwear (number appropriate for trip length)
- Thermal/long underwear
- Shirts (long and short sleeves)
- Bathing suit

### **OTHER ITEMS:**

- HAT WITH BRIM (Baseball cap is okay)
- Sunglasses with strap
- Sunscreen (with a SPF of 15 or better) and lip balm
- Bandannas
- Small notebook and pen or pencil
- Bath towel
- Lip balm/chap stick
- Toiletries (toothbrush, soap, etc.)
- REQUIRED MEDICATIONS
- Plastic bags: one each of one gallon and thirty-three gallon size
- Small flashlight with fresh batteries and a new bulb
- Alarm clock
- Extra glasses?

### **NOTE: PLEASE PACK ALL EQUIPMENT IN A DUFFEL BAG OR BACKPACK**

Please do not bring many loose items.  
Mark everything you bring!

### **OPTIONAL EQUIPMENT:**

Camera, board games,  
binoculars, reading material

**DO NOT BRING:** pocket knives,  
personal music devices, radios,  
electronic games, gum, junk food  
or cell phones (they do not work  
at most sites and may be  
damaged or lost on program).

NATURALISTS AT LARGE WILL  
NOT BE RESPONSIBLE FOR LOST  
OR DAMAGED PERSONAL  
BELONGINGS