

SKY MIND RETREATS  
EQUIPMENT LIST  
SIERRA NEVADA BACKPACKING RETREAT  
AUGUST 2-9, 2009

Sky Mind Retreats will provide all the food, cooking equipment, fuel, and other group gear; we will all share in carrying the food and equipment. You provide your own clothing, personal gear, water purification equipment, and camping equipment. The following list is gear that is **necessary** for this trip. Optional equipment is listed separately at the end. **Do not be daunted by this list; you already have most of what you need, and we will help you figure out how to deal with the rest!** Tents, sleeping bags, backpacks, and pads can be rented from backpacking stores at very reasonable rates. (See next page.)

**Required equipment:**

**Sturdy hiking boots** that provide good ankle support and have lug-type soles. Call if you have questions.

**1 pair camp shoes.** (Sneakers, running shoes, sport sandals, Crocs.)

**4-5 pairs socks** (some hikers wear two pairs of socks, a thin liner pair and a thicker outer pair to provide cushioning for your feet and cut down on the friction that causes blisters.)

**Shorts** (lightweight and comfortable).

**Lightweight warm pants** for evening.

**T-shirt.**

**Long-sleeve shirt**, lightweight, for sun cover-up.

**Two warm garments** for cool mornings and evenings: for example, warm wool shirt and polarfleece-type sweater (avoid bulky sweaters). Do not bring cotton sweatshirts or sweaters.

**Waterproof rain jacket or parka, and rain pants** (ponchos do not do the job).

**Polypro (or polyester, capilene, etc.) long underwear**, both top and bottom. (This is the synthetic-fabric, wicking long underwear. Do not substitute cotton or cotton-blend long underwear.)

**Cap or hat with brim** for sun protection.

**Warm hat and gloves** for evening

**Bandanas** (bring several; they are very useful).

**Underwear** as needed.

**Backpack** (big enough to carry all this stuff plus your share of food and cooking equipment, usually about 5000 cubic inches, as packs are measured. If you don't have one you're happy with, talk to us about what to get or rent. (If you use an external-frame pack and strap your sleeping bag on the outside, bring an extra plastic bag to wrap the sleeping bag in.)

**Day pack, lightweight**, for day hikes. (This pack must be big enough to hold your lunch, large water bottle, layer of warm clothes, rain gear, and optional items like camera. Most fanny packs are **not** large enough.)

**Sleeping bag.**

**Sleeping bag stuff sack.** (If you use an external frame pack, you will need straps to fasten sleeping bag to outside of pack.)

**Sleeping pad.**

**2 large (garden size) trash bags or waterproof pack cover.** (You can line your pack with the plastic bags to keep your gear dry if you don't have a pack cover.)

**Tent, with waterproof rain fly** (A one- or two-person lightweight backpacking tent. A lightweight groundcloth to protect bottom of tent is a good idea.)

**Six feet of cord for every stake-point** on your tent. **Attach this cord before the trip.** (Some tent sites may be on rock where you can't stake the tents down; you need to be able to tie your tent to rocks so it won't blow away). Bring the stakes also.

**OVER**

**Mug, bowl, and spoon;** light weight but sturdy plastic (insulated-type mugs with lids are highly recommended.)

**Pocketknife.**

**2 sturdy plastic or aluminum quart water bottles,** or Camelbak-type bladder, 2 liter capacity.

**Flashlight or backpacking headlamp (new batteries).**

**Lighter**

**Sunglasses, sunscreen and lip protection.**

**Insect repellent.**

**Plastic bag** for carrying out all trash.

**Toothbrush and toothpaste,** comb or brush, toilet paper, tampons and pads as needed; glasses, contact lens materials as needed; small piece of soap, a few moist towelettes if you wish.

**Crazy Creek or similar-type backpacking chair, or an inflatable zafu, for meditation.**

**Water purification equipment:** this can be either a **water filter, Steripen, or purification tablets: iodine pills (Potable Aqua) or chlorine dioxide drops (Aquamira)**

**Optional equipment:** camera, pencil, journal, small container of lotion, etc. Bring only what you **really** want to use. This optional stuff is what fills up your pack. Lotions, cosmetics, etc. add weight. If it's not something you really need or want, leave it home. Practice doing without.

**PLEASE DO NOT BRING PERFUME OR SCENTED LOTIONS AND SUNSCREENS**

**PLEASE DO NOT BRING ALCOHOL, RECREATIONAL DRUGS, CIGARETTES, IPODS OR OTHER MEDIA PLAYERS, CELL PHONES, OR BOOKS** (These items distract us from deepening practice.)

**BORROWING EQUIPMENT: check borrowed equipment carefully! Check tents:** Are the rain fly and all the poles there? Any holes or badly worn places? Do the zippers work? Has it been recently seam-sealed? Set it up **ahead of time** to make sure you know how. Get in it and check for holes.

**Check backpacks:** The backpack you use must fit **you**, not anyone else. If you're borrowing one, put it on. Adjust waistbelt and shoulder straps. Fill it up and see how it fits. Make sure zippers work. Make sure you know where the sleeping bag goes--inside? outside, tied on with straps? Do you have the straps? Is there an outside pocket for your water bottle? If you're not sure about the pack, go to a store and try packs on. The sales people are usually very helpful and knowledgeable, and you can get a good idea how a pack should feel from trying on new or rental packs.

**Check sleeping bags and pads:** Sleeping bags must be down or fiber-fill, lightweight backpacking type. Make sure zipper works. Check for rips. Check Thermarest-type pads for leaks.

**RENTING EQUIPMENT:** Tents and backpacks can be rented from outdoor stores. Some places also rent sleeping bags and sleeping pads. The same precautions apply as for borrowing equipment. **Check the equipment carefully.** Have the salespeople help you. Make sure you know how to set up tents. The time you spend now will make your first day on the trail smoother. Reserve packs and tents in advance, but check them over again when you pick them up.

**Give me a call if you have any questions!**

**--Alison (805-692-9615)**