Clothing and Footwear

- Moisture-wicking breathable Tshirt
- o Moisture-wicking breathable underwear
- Hiking quick-drying pant or shorts
- Wool or synthetic socks (plus extra pair)
- Moisture-wicking breathable long sleeve T-shirt
- Lightweight mid layer for warmth
- Waterproof Jacket
- Waterproof Pants
- o Boots or shoes suited to terrain
- o Hat
- o Buff/Bandana
- o Gaiters
- Light weight gloves
- o Sunglasses
- Extra Clothes (in case you get wet or conditions change)
- O Drybag to keep extra clothes in

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Try to avoid cotton clothing, it is not breathable and does not dry quickly



Cold Weather Additions

- O Base layers (wool/synthetic)
- Insulated Jacket (down/synthetic)
- o Gloves/Mittens
- o Warm Hat
- o Facemask
- o Insulated Waterproof Boots
- Microspikes/Crampons
- o Snowshoes/Skis

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Extras

- o Camera
- Binoculars
- Pen and Journal
- O Phone/GPS Charger
- Power Bank
- o Spare batteries
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Being prepared is essential to backcountry travel, not only for your safety but piece of mind. Having the proper gear will allow you to travel safely and more comfortably.

Day Hiking Checklist



Inside is a comprehensive list of items that should be included in your pack or on your body anytime you hike into the backcountry.

You should always leave an itinerary in your vehicle so that it is visible from outside. This small thing could be lifesaving in an emergency.

Inlet Information Office 160 Route 28 Inlet, NY 13360 (315) 357-5501 1-866-GO INLET

Tourism: InletNY.com Government: TownofInlet.org Facebook: Inlet, NY Information & Events Instagram: @inletny

Hiking Gear

- Day Pack
- Headlamp (w/extra batteries)
- Optional:
 - o Trekking Poles
 - o Waterproof Pack Cover

Navigation

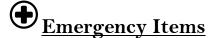
- Map(w/waterproof case)
- o Compass

Optional:

- o GPS
- Altimeter
- Guide Book
- o Personal locater beacon

Tools and Repair

- Knife or multi-tool
- Duct tape
- Gear repair kit
- Bear Spray (if needed)
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- o First Aid Kit
- o Lighter/matches
- Firestarter
- Tinder
- Emergency Blanket/ **Emergency Shelter**
- o Whistle
- Signal Mirror
- Water Purification
- Paracord
- Two itineraries: one left with friend + one in vehicle

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Food and Water

- Water bottle/bladder
- Trail Snacks
- Lunch + extra meal
- o Energy boosting snack or drink

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- Identification Cash or Credit card o Cellphone



Personal Care

- o Prescription meds (if needed)
- Hand Sanitizer/Wipes
- Toilet paper
- Trowel
- Sunscreen
- Bug spray
- o Pack towel
- o Lip balm
- o Mole skin
- o Bag for trash

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Always take note of the DEC phone number at the trailhead sign in booth, but keep in mind that there is no cell reception in most of the Adirondack Park.

DEC Emergency: (518) 891-0235

DEC Raybrook: (518) 897-1303