



HIKE SMART NY

Follow the Hiker Responsibility Code

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- BE PREPARED**
with proper gear and attire, including sturdy, comfortable boots.
 - USE MAPS, GUIDES, OR DEC'S WEBSITE TO PLAN**
where you're going and when you expect to return.
 - LEAVE TRIP PLANS WITH FAMILY OR FRIENDS.**
Update them with any changes.
 - BE REALISTIC ABOUT YOUR FITNESS LEVEL—**
don't overestimate your abilities and don't underestimate mother nature.
 - CHECK THE WEATHER**
for the day of your trip, that night, and the next day so you can be prepared if your return is delayed.
 - PREPARE FOR SURVIVAL.**
Know what to do in case of emergencies and be prepared for them to happen.
 - HIKE IN A GROUP AND STAY TOGETHER.**
Pace your hike to the slowest person.
 - TURN BACK IF WEATHER BECOMES EXTREME**
or if exhaustion is setting in. Don't push your limits.



Department of
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Conservation



PLAN YOUR NEXT HIKING OR CAMPING TRIP.

VISIT: www.dec.ny.gov ▶ Recreation ▶ Hiking



10 HIKING ESSENTIALS

Carry these essentials on all hikes for a safe and enjoyable experience.

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- 1 NAVIGATION** – map, compass, GPS system, extra batteries
 - 2 INSULATION** – waterproof/windproof jacket, hat, gloves, thermals, wool socks. Pack extra in case you get wet.
 - 3 LIGHT** – headlamp, flashlight, lanterns, extra batteries
 - 4 FIRST-AID SUPPLIES** – use a pre-made kit or build your own.
 - 5 EMERGENCY KIT** – whistle, signal mirror, duct tape, pocket knife/multi-tool, etc.
 - 6 FIRE** – matches in waterproof container, lighter, fire starters
 - 7 NUTRITION** – choose high protein and high calorie items, and be sure to pack extra food.
 - 8 WATER** – carry more than you think you need and a water filtration system
 - 9 SUN PROTECTION** – sunglasses, sunscreen, hat
 - 10 EMERGENCY SHELTER** – tent, space blanket, tarp
- ★ **CARRY OUT WHAT YOU CARRY IN!**



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IN AN EMERGENCY CALL: 911

DEC EMERGENCY DISPATCH:

1-833-NYS-RANGERS (1-833-697-7264)

Cell service not available in all areas.