

**10
HIKING
ESSENTIALS**

1

NAVIGATION
map, compass, GPS system, extra batteries

2

INSULATION
waterproof/windproof jacket, hat, face mask, goggles, gloves, thermals, wool socks (wear layers, pack extras)

10

EMERGENCY SHELTER
space blanket, tent, bivy sack, rope/paracord

9

WATER
plenty of water, a water filtration system, insulators on tubing (pack in center of bag to avoid freezing)

3

GEAR
snowshoes, traction devices, gaiters, insulated/waterproof boots, trekking poles

8

NUTRITION
high-protein/high-calorie (pack extra, break into small pieces, pack in center of bag to avoid freezing)

4

LIGHT
headlamp, flashlight, lanterns, extra batteries

7

FIRE
matches in waterproof container, lighter, fire starters

5

FIRST-AID SUPPLIES
pre-made kit or build your own

6

EMERGENCY KIT
whistle, signal mirror, flare, duct tape, pocket knife/multi-tool

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



Department of Environmental Conservation



IN AN EMERGENCY CALL: **911**

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