

# Hiking Checklist

Hiking in the Adirondacks can be an amazing experience with a little planning and preparation. We have compiled a packing list for your next Adirondack adventure. Don't be scared! This is meant to be a rather comprehensive list for a full (12+ hour) day hike into the Adirondack backcountry. You can adjust your packing list according to your adventure. We've even left some blanks so you can start customizing your list!

## Hiking Gear

- Hiking backpack
- Trekking poles
- Map and compass, or GPS
- Headlamp and extra batteries
- Knife or multi-tool
- Small gear-repair kit (duct tape, zip ties, etc)
- Water purification
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*When hiking from November - April*

- Snowshoes
- Microspikes / Yaktrax
- Crampons (for thick / steep ice)
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## Food & Water

- Water bottles and/or reservoir
- Water filter/purifier or chemical treatment
- Trail snacks
- Lunch
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## Emergency & First Aid

- First-aid kit or first-aid supplies
- Lighter/matches and firestarter
- Emergency shelter
- Whistle
- \_\_\_\_\_

## Clothing & Footwear

- Moisture-wicking t-shirt
- Quick-drying pants/shorts
- Long-sleeve shirt (for sun, bugs)
- Lightweight fleece or jacket (something that blocks wind)
- Extra socks (synthetic or wool)
- Sun hat
- Sunglasses
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*For rainy and/or cold weather*

- Rainwear (jacket and pants)
- Long underwear
- Warm, insulated jacket or vest
- Fleece pants
- Gloves or mittens
- Warm hat
- Gaiters (for rainy, snowy or muddy conditions)
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## Health & Hygiene

- Sunscreen
- SPF-rated lip balm
- Insect repellent
- Menstrual products
- Prescription medications
- Toilet paper, trowel, and hand sanitizer
- Waste bag (for used toiletries)
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## Essential Items for Day Hike of Any Length

- Hiking backpack
- Weather-appropriate, non-cotton clothing (think moisture-wicking and layers)
- Hiking boots or shoes
- Plenty of food
- Plenty of water
- Navigation tools such as a map and compass
- First-aid kit
- Headlamp / Flashlight
- Whistle



## Before You Go

- Share your hiking plans with a friend or family member
- Have a plan B in case the trailhead parking lot is full
- Use the restroom (no restrooms at trailheads)
- Sign the register at the trailhead
- Check the weather forecast
- Research the rules / regulations of the area you are hiking
- Check trail conditions
- Get a quick run down of the Leave No Trace 7 principles
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*\*Many things on this list can be purchased or even rented locally in the Adirondacks!*

## Take the Pledge

Visit [LoveYourADK.org](http://LoveYourADK.org) to learn more about Leave No Trace, preparedness tips, and take the pledge to keep YOUR Adirondacks beautiful!

