Follow the Hiker Responsibility Code

**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.

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**PLAN YOUR NEXT HIKING OR CAMPING TRIP.**
VISIT: [www.dec.ny.gov](http://www.dec.ny.gov) ► Recreation ► Hiking
10 HIKING ESSENTIALS

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

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!

IN AN EMERGENCY CALL: 911

DEC EMERGENCY DISPATCH: 518-408-5850
IN THE ADIRONDACKS: 518-891-0235

Cell service not available in all areas.