Follow the Hiker Responsibility Code

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

**PLAN YOUR NEXT HIKING OR CAMPING TRIP:**
VISIT: [www.dec.ny.gov](http://www.dec.ny.gov) ➤ Recreation ➤ Hiking
10 HIキング 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: 1-833-NYS-RANGERS (1-833-697-7264)

Cell service not available in all areas.