



# 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  
Environmental  
Conservation



**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.

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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: 518-408-5850

IN THE ADIRONDACKS: 518-891-0235

Cell service not available in all areas.