HIKE SMART NY

1. NAVIGATION
   - map, compass, GPS system

2. INSULATION
   - waterproof/windproof jacket, hat, gloves, thermals, wool socks (pack extra)

3. LIGHT
   - headlamp, flashlight, lantern, extra batteries

4. FIRST-AID SUPPLIES
   - pre-made kit or customized

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

6. FIRE
   - matches in waterproof container, lighter, fire starters

7. FOOD
   - high-protein and high-calorie items

8. WATER
   - plenty of water, water filtration system

9. SUN & INSECT PROTECTION
   - sunglasses, sunscreen, hat, bug repellent

10. EMERGENCY SHELTER
    - tent, space blanket, tarp

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

IN AN EMERGENCY CALL: 911

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