

**10  
HIKING  
ESSENTIALS**

**1**

**NAVIGATION**  
map, compass, GPS system, extra batteries

**2**

**INSULATION**  
waterproof/windproof jacket, hat, face mask, goggles, gloves, thermals, wool socks (wear layers, pack extras)

**10**

**EMERGENCY SHELTER**  
space blanket, tent, bivy sack, rope/paracord

**9**

**WATER**  
plenty of water, a water filtration system, insulators on tubing (pack in center of bag to avoid freezing)

**3**

**GEAR**  
snowshoes, traction devices, gaiters, insulated/waterproof boots, trekking poles

**8**

**NUTRITION**  
high-protein/high-calorie (pack extra, break into small pieces, pack in center of bag to avoid freezing)

**4**

**LIGHT**  
headlamp, flashlight, lanterns, extra batteries

**7**

**FIRE**  
matches in waterproof container, lighter, fire starters

**5**

**FIRST-AID SUPPLIES**  
pre-made kit or build your own

**6**

**EMERGENCY KIT**  
whistle, signal mirror, flare, duct tape, pocket knife/multi-tool

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



Department of Environmental Conservation



**IN AN EMERGENCY CALL: 911**

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