



Clothing and Footwear

- Moisture-wicking breathable T-shirt
- Moisture-wicking breathable underwear
- Hiking quick-drying pant or shorts
- Wool or synthetic socks (plus extra pair)
- Moisture-wicking breathable long sleeve T-shirt
- Lightweight mid layer for warmth
- Waterproof Jacket
- Waterproof Pants
- Boots or shoes suited to terrain
- Hat
- Buff/Bandana
- Gaiters
- Light weight gloves
- Sunglasses
- Extra Clothes (in case you get wet or conditions change)
- Drybag to keep extra clothes in
- _____



Cold Weather Additions

- Base layers (wool/synthetic)
- Insulated Jacket (down/synthetic)
- Gloves/Mittens
- Warm Hat
- Facemask
- Insulated Waterproof Boots
- Microspikes/Crampons
- Snowshoes/Skis
- _____
- _____
- _____
- _____
- _____



Extras

- Camera
- Binoculars
- Pen and Journal
- Phone/GPS Charger
- Power Bank
- Spare batteries
- _____

Being prepared is essential to backcountry travel, not only for your safety but piece of mind. Having the proper gear will allow you to travel safely and more comfortably.

****Try to avoid cotton clothing, it is not breathable and does not dry quickly****

Day Hiking Checklist



Inside is a comprehensive list of items that should be included in your pack or on your body anytime you hike into the backcountry.

You should always leave an itinerary in your vehicle so that it is visible from outside. This small thing could be lifesaving in an emergency.

Inlet Information Office
160 Route 28 Inlet, NY 13360
(315) 357-5501
1-866-GO INLET

Tourism: InletNY.com
Government: TownofInlet.org
Facebook: [Inlet, NY](https://www.facebook.com/InletNY)
Information & Events
Instagram: [@inletny](https://www.instagram.com/inletny)



Hiking Gear

- Day Pack
- Headlamp (w/extra batteries)
- *Optional:*
 - Trekking Poles
 - Waterproof Pack Cover
 - _____



Navigation

- Map(w/waterproof case)
- Compass
- *Optional:*
 - GPS
 - Altimeter
 - Guide Book
 - Personal locator beacon
 - _____



Tools and Repair

- Knife or multi-tool
- Duct tape
- Gear repair kit
- Bear Spray (if needed)
- _____
- _____
- _____



Emergency Items

- First Aid Kit
- Lighter/matches
- Firestarter
- Tinder
- Emergency Blanket/
Emergency Shelter
- Whistle
- Signal Mirror
- Water Purification
- Paracord
- Two itineraries: one left with
friend + one in vehicle
- _____
- _____



Food and Water

- Water bottle/bladder
- Trail Snacks
- Lunch + extra meal
- Energy boosting snack or drink
- _____
- _____
- _____



Personal Items

- Identification
- Cash or Credit card
- Cellphone
- _____
- _____



Personal Care

- Prescription meds (if needed)
- Hand Sanitizer/Wipes
- Toilet paper
- Trowel
- Sunscreen
- Bug spray
- Pack towel
- Lip balm
- Mole skin
- Bag for trash
- _____
- _____

Always take note of the DEC phone number at the trailhead sign in booth, but keep in mind that there is no cell reception in most of the Adirondack Park.

DEC Emergency: (518) 891-0235

DEC Raybrook: (518) 897-1303