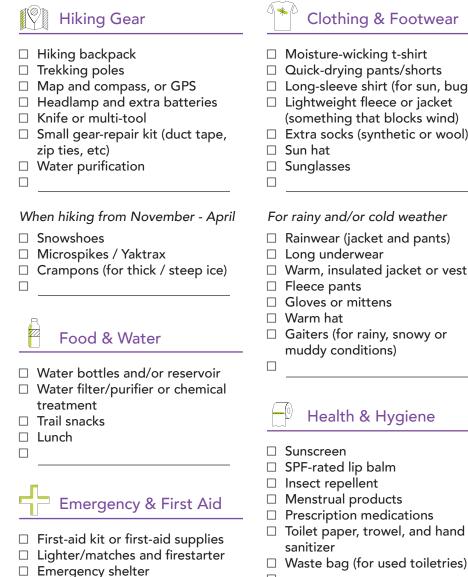
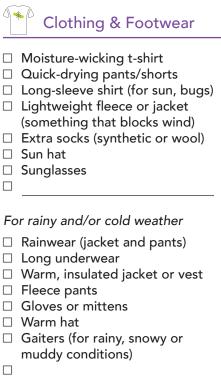
## LOVE YOUR ADIRONDACKS



Hiking in the Adirondacks can be an amazing experience with a little planning and preparation. We have compiled a packing list for your next Adirondack adventure. Don't be scared! This is meant to be a rather comprehensive list for a full (12+ hour) day hike into the Adirondack backcountry. You can adjust your packing list according to your adventure. We've even left some blanks so you can start customizing your list!



☐ Whistle



Health & Hygiene

sanitizer

## **Essential Items for** Day Hike of Any Length

	Hiking backpack
	Weather-appropriate, non-
	cotton clothing (think moisture-
	wicking and layers)
	Hiking boots or shoes
	Plenty of food
	Plenty of water
	Navigation tools such as a map
	and compass
	First-aid kit
	Headlamp / Flashlight
	Whistle
بنأ	
	A A A A A A A A A A A A A A A A A A A



## Before You Go

Share your hiking plans with a
friend or family member
Have a plan B in case the
trailhead parking lot is full
Use the restroom (no restrooms
at trailheads)
Sign the register at the trailhead
Check the weather forecast
Research the rules / regulations
of the area you are hiking
Check trail conditions
Get a quick run down of the
Leave No Trace 7 principles
I P

\*Many things on this list can be purchased or even rented locally in the Adirondacks!

## Take the Pledge

Visit LoveYourADK.org to learn more about Leave No Trace. preparedness tips, and take the pledge to keep YOUR Adirondacks beautiful!



