

# Gear List

## For Backpacking in the Adirondack High Peaks (Spring, Summer, Fall)

*Note: The items labeled “required” constitute the ADK’s best assessment of the personal equipment necessary to reasonably minimize the risks of such a wilderness activity. Because of this, only participants prepared with the required equipment items will be allowed to participate on ADK trips. For the safety of the group, the instructor reserves the right to deny participation, without reimbursement, to any individual deemed inadequately prepared. Please note the level of importance for each item: Required = “must have to participate”; Recommended = “highly desirable”; or Optional = “users’ choice”.*

### Footwear

Equipment	Notes	Check Lists	
Boots or Trail Runners	<p><u>Required.</u> Among hiking equipment, trail specific shoes rank first in importance. For our terrain, ideal boots or trail running shoes provide the following:</p> <ul style="list-style-type: none"> <li>⇒ <i>water resistance</i></li> <li>⇒ <i>comfort</i> from a proper fit – consider the potential for swelling</li> <li>⇒ <i>good traction</i> from a lugged sole (ex. Vibram®)</li> <li>⇒ <i>blister prevention</i> from being broken-in in advance by the wearer</li> <li>⇒ <i>adequate support</i> from a height of the shoe you feel comfortable and stable in</li> <li>⇒ <i>durability</i> – footwear that you can rely on amongst rugged terrain</li> <li>⇒ We want you wearing shoes that you are comfortable with and have hiking experience wearing.</li> </ul>		
Socks	<p><u>Required.</u> Wool or synthetic socks are a must. It can be useful to wear a lightweight liner sock under a thicker wool or synthetic sock to prevent blisters. Two or three pairs of each are recommended.</p>		
Gaiters	<p><u>Recommended.</u> Gaiters are used to keep dirt, rocks, and water out of boots. Gaiters are particularly useful in wet (ex: when traversing streams) and/or muddy terrain. They help minimize erosion and vegetation damage by allowing us to walk through the mud and avoid widening the trail.</p>		
Camp Shoes	<p><u>Optional.</u> Lightweight sneakers or other footwear (ex. Crocs®) with closed toes are refreshing in camp.</p>		

### Clothing

#### **A Note on Clothing Materials:**

The intention behind ADKs clothing list is to have all our participants prepared for the considerable variation in weather conditions through the summer and shoulder seasons. There are many trips, particularly during the summer season, where having all these layers may be unnecessary. Knowing what to bring involves monitoring the weather and other conditions, which we recommend you doing ahead of time, and is something we will discuss in our pre-trip calls with each participant (approximately 2 weeks before each trip). We recommend bringing any additional layers which you might feel won’t be necessary, from our suggested layers in your vehicle, in case we need to make any day-of informed changes as well. Please feel free to reach out to us with any questions before purchasing any gear, particularly pieces of gear you might feel will be unnecessary for your specific trip.

Cotton: NO COTTON! While comfortable in the frontcountry, cotton absorbs and retains water, drawing heat away from the wearer. For this reason, cotton clothing is potentially deadly in the backcountry and is not risked on ADK trips.

Wool: A favorite material of woodspeople for centuries, wool retains its insulating qualities when wet. Also, wool is singularly durable.

Fleece: Fleece is a synthetic material that draws moisture from skin without actually absorbing water, which makes for great insulation. Otherwise similar to wool, fleece is lighter, but bulkier.

Polypropylene, nylon, polyester: Polypropylene, nylon and polyester are other synthetic materials that serves as great insulators. They are especially effective as a moisture-wicking base layer next to skin.

Equipment	Notes	Check Lists	
Synthetic t-shirt	<u>Recommended</u> . We strongly suggest a lightweight synthetic t-shirt to wear on hot days and while climbing in less buggy areas.		
Top Base Layer	<u>Required</u> . A long-sleeved synthetic (ex. polypropylene) or merino wool mid-weight long-underwear top works best. We recommended two, in case one gets wet from perspiration or precipitation.		
Insulating Top Layer	<u>Required</u> . Many participants prefer a light fleece or wool shirt, sweater or jacket. A heavy-weight long underwear top may also acceptable.		
2 <sup>nd</sup> Insulating Top Layer	<u>Required (Spring and Fall) Recommended (Summer)</u> . An additional synthetic, fleece or wool shirt, sweater or jacket.		
3rd Insulating Top Layer	<u>Recommended (Spring and Fall)</u> . Some participants may desire a supplementary heavier synthetic, fleece or wool shirt jacket.		
Rain Jacket	<u>Required</u> . Any rain jacket must be <u>waterproof</u> and allow for enough room to fit over all insulating layers. Breathable materials are acceptable. Rain jackets with hoods and ventilation zippers are desirable. <i>Note</i> : Ponchos are unacceptable because they will not withstand the abuse of hiking in our terrain.		
Bottom Base Layer	<u>Required (Spring and Fall) Recommended (Summer)</u> . A synthetic (ex. polypropylene) or merino wool mid-weight long-underwear bottom works best. We recommended two, in case one gets wet from perspiration or precipitation.		
2 <sup>nd</sup> Insulating Bottom Layer	<u>Recommended (Spring and Fall)</u> Fleece pants or heavier long-underwear might be used.		
Hiking Pants or Shorts	<u>Required</u> . Durable, quick-drying synthetic pants or shorts are ideal. Zip-off pants allow for use as both pants and shorts, as well as for some ventilation. If you are thinking about wearing shorts, consider how insects might affect your trip, as well as the additional skin exposure to rugged terrain. Think about what additional layers you will have if you need additional warmth or protection.		
Rain Pants	<u>Required</u> . These are highly weather dependent. Potential for cold and rainy conditions could make these a necessity. Any rain pants must be <u>waterproof</u> and allow for enough room to fit over all insulating layers. Breathable materials are acceptable. <i>Note</i> : Full-length side zippers facilitate quick and easy layering that		

	eliminates the annoyance of footwear removal.		
Sun Hat	<u>Recommended</u> . Wide-brimmed hats or baseball caps protect the eyes and the face from the sun. Also, hats may protect the head from rain or insects.		
Sunglasses	<u>Recommended</u> . Glasses offering 100% UV protection are recommended. A hard case is suggested, as with prescription glasses.		
Winter Hat	<u>Recommended (Spring and Fall) Optional (Summer)</u> . A fleece or wool hat can provide warmth in rain, at night, or in an emergency.		
Insect Headnet	<u>Optional</u> . Especially in bugger months and wetter areas, a headnet can reduce the stress of insects.		
Glove liners	<u>Recommended (Spring and Fall) Optional (Summer)</u> . Lightweight gloves can function as insulation, as well as protection against rocks, vegetation, and bugs.		

### Sleeping Equipment

Equipment	Notes	Check Lists	
Sleeping Bag	<u>Required</u> . Synthetic-filled bags will perform best in our conditions. Down bags lose all insulation when not kept dry, often an impossible task in our conditions. Bags should be rated 20°F / -7°C or less. Ratings of 30°F/ -1°C or less are acceptable for trips in July and August.		
Sleeping Pad	<u>Required</u> . The sleeping pad insulates from the cold ground. Closed-cell foam pads are acceptable as are compact self-inflating air pads (ex. Therm-A-Rest®) but extra care must be taken to prevent rips and tears.		
Compression Stuff Sack	<u>Required</u> . This sack serves to make the sleeping bag easier to pack in an internal frame pack. The sack should be lined with one or two compactor garbage bags to provide water resistance.		
Pillow	<u>Optional</u> . Although extra clothing can always be used as a pillow, some hikers prefer to carry a very small, very compact, inflatable pillow.		

### Packing Equipment

Equipment	Notes	Check Lists	
Backpack	<u>Required</u> . In our rugged terrain, internal-frame backpacks will perform best. Packs should be spacious enough to hold all required personal equipment as well as an equitable share of group gear. For our multi-day trip, the minimum adequate volume is 65L. Participants should allocate about half of the pack's volume to group gear. <i>Note: It is important to practice carrying a full pack before the trip, both to get used to the equipment and to get in shape.</i> <i>*This equipment item is available for loan.</i>		
Waterproof Bag Liners	<u>Required</u> . To keep belongings dry, line your pack with a heavy-duty garbage bag. Trash compactor bags work well. Placing items in large sealable plastic bags (Ziploc®) or waterproof stuff sacks also works. In any case, extra bags should be packed.		

Pack Rain Cover	<u>Recommended</u> . While packs should be packed so that individual items stay dry inside, some participants prefer the supplementary water resistance of a full-pack rain cover. Only very durable rain covers will hold up.		
Storage Bag for Clothing	<u>Required</u> . This bag is used to organize personal clothing items within the pack. Small, lightweight nylon stuff sacks with compression straps and lined with plastic bags work well. Small dry bags, while heavier, are also acceptable.		
Daypack	<u>Optional</u> . Most participants simply use their full-sized pack and just carry the things they need for the day hikes from basecamp. Some participants prefer to carry in a lighter day pack to be used on day hikes. Any daypack should be durable and large enough for food, water, raingear, insulating layers, emergency equipment, and more. <i>Note: Certain backpacks feature a removable section that can function as a day pack or hip-pack.</i> <i>*This equipment item is available for loan at no charge.</i>		
Other Gear			
Equipment	Notes	Check Lists	
Water Storage	<u>Required</u> . Two or three 1-liter plastic water bottles work well. Many participants also use bladder-bag systems (ex. Camelbak®) but at least one actual bottle should be taken in case the bag rips or leaks.		
Eating Gear	<u>Required</u> . A small tupperware-style bowl with a lid facilitates easy cleaning and leftover storage. A spork will suffice; separate spoons, forks, knives, cups are optional. Bring a mug if you drink coffee or tea.		
Water Purification System	<u>Required</u> . To protect participants from water-borne illness or the potential of running out of water. A water filtration system is now required for individual participants to prevent the potential spread of germs from a group filter. It is also helps speed things up. (Some lightweight filters we have had luck with are the Sawyer Squeeze® and Katadyn BeFree 1L®). The trip leader will always carry Aquamira® tablets as a back up as well.		
Flashlight	<u>Required</u> . Headlamps are lightweight and very functional. <i>Note: No light is reliable without either a backup flashlight or extra batteries and an extra bulb.</i>		
Personal Toiletries	<u>Required</u> . Due to limited space in packs and bear canisters, toiletries should be kept to a minimum. Sample-sizes are preferable. Bring only essentials: i.e., toothbrush, toothpaste, lip balm, tampons, hand sanitizer, toilet paper, and medications. <i>Note: Fragrant substances are insect and animal attractants and should be avoided.</i>		
Whistle	<u>Required</u> . Three blows on a whistle is an effective rescue call. Before		

	purchasing a separate whistle, make sure there is not a whistle built into the sternum strap on your backpack.		
Lighter/Matches	<u>Recommended</u> . In a waterproof container. Lighters or matches are used to light stoves and fires. ADK will bring an adequate supply for the group, but as a rule, firestarting equipment is essential for every outing.		
Navigation Equipment	<u>Recommended</u> . The ADK provides the necessary navigation gear, but participants may opt to bring their personal map, compass, and/or guidebook. As a rule, map & compass should always be carried.		
Pocket Knife	<u>Recommended</u> . Small blades may be useful.		
Emergency Space Blanket	<u>Recommended</u> . Lightweight space blankets provide protection in an emergency and are highly recommended.		
Nylon cord	<u>Recommended</u> . Parachute-cord is lightweight and has many uses, such as tying down tents and flies. A 50' length is sufficient.		
Lashing Straps	<u>Recommended</u> . Lash straps made from nylon webbing allow items to be fastened to the outside of a backpack for transportation.		
First-Aid Kit	<u>Optional</u> . ADK will provide a first aid kit for the group, but participants may opt to bring a small personal kit. As a rule, a first aid kit should always be carried by someone in your group.		
Trekking Poles	<u>Optional</u> . One or two trekking poles can be very helpful, especially in descent. <i>Note: For those with knee problems, trekking poles are particularly helpful as they transfer weight from the legs to the wrists and arms.</i>		
Insect Repellent	<u>Optional</u> . Especially in the bugger months of June and July, or in wetter areas, repellent can reduce the stress of insects. Only a very small bottle is necessary.		
Sunscreen	<u>Optional</u> . Only a very small bottle is necessary for our weekend trip. <i>Note: SPF (sun protection factor) 30 is sufficient if applied regularly.</i>		
Towel or Bandana	<u>Optional</u> . Synthetic towels have multiple functions in the backcountry. A bandana is the <i>only</i> equipment item that may be cotton.		
Writing Materials	<u>Optional</u> . Waterproof pens and paper can be used to take notes on instruction material or for journal purposes.		
Camera	<u>Optional</u> . The ideal camera is a waterproof, shock-resistant digital.		
Camp chair	<u>Optional</u> . Crazy Creek or a similar type of collapsible chair offers comfort at camp.		

### Provided Group Gear

*Note: The following is a list of group gear typically provided by the ADK for the use of all participants.*

First-Aid Kit	Bear Canisters	Water Purification System
Lighter	Stoves and Fuel	Cooking Sets and Utensils
Map	Tents: To reduce our impact, ADK encourages participants to share tent space. Inquire regarding the usage of personal tents prior to the start of the trip.	
Trowel		
Food: The ADK provides breakfasts and dinners for the group, and some trips include lunch (Beginner		

Backpacking, Teen Programs, Master Educator courses). Participants should plan on bringing their own personal snacks; the instructor will check that everyone is adequately stocked before we depart on our trip. Be sure to inform the instructor of any personal dietary restrictions and/or allergies well in advance.

*To reserve any ADK equipment available for loan, please call the Education Department in advance.*

*Please feel free to call the ADK's Education Department with any questions at (518) 523 3480.*

*We are looking forward to answering your questions and to having you on our trip!*

Local outfitters who rent equipment:

<i>The Mountaineer</i>	<i>(518) 576-2281</i>	<i>Keene Valley</i>
<i>Eastern Mountain Sports</i>	<i>(518) 523-2505</i>	<i>Lake Placid</i>