

## Gear List

### For Winter Day Hikes in the Adirondacks

*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 equipped. Please note the level of importance for each item: Required = “must have to participate”; Recommended = “highly desirable”; or Optional = “users’ choice”.*

### Footwear

Footwear			
Equipment	Notes	Check Lists	
Insulated Boots	<p><b>Required.</b> Among hiking equipment, boots rank first in importance. Insulated boots are required. <b>Do not bring summer hiking boots – this is a safety issue.</b> For our terrain, acceptable boots provide the following:</p> <ul style="list-style-type: none"> <li>⇒ <i>warmth</i> from an insulated upper, or an internal bootie (Sorel style or plastic mountaineering)</li> <li>⇒ <i>water resistance</i> from fabric membrane (ex: Gore-Tex) and recent water-proofing treatment</li> <li>⇒ <i>good traction</i> from a lugged sole (ex. Vibram®)</li> <li>⇒ <i>adequate support</i> from a mid-sole stiffener and above-ankle height</li> <li>⇒ <i>durability</i> from a full-grain, one-piece leather, synthetic leather, or plastic upper</li> <li>⇒ <i>comfort</i> from a proper fit with enough room for two pairs of socks</li> <li>⇒ <i>blister prevention</i> from being broken-in in advance by the wearer</li> </ul>		
Socks	<p><b>Required.</b> Heavyweight wool socks perform best. While hiking with a pack, wool socks should be worn with a lightweight polypropylene liner sock to prevent blisters. Three or four pairs of each are recommended. Extra socks can also be used as mittens.</p>		
Gaiters	<p><b>Required.</b> Gaiters are used to keep snow and water out of boots. Gaiters are particularly useful in winter conditions, deep snow and wetter terrain, such as trails/paths that traverse streams.</p>		

### Packing Equipment

Packing Equipment			
Equipment	Notes	Check Lists	
Waterproof Pack Liner(s)	<p><b>Required.</b> Large sealable plastic bags (i.e., Ziploc) work, but garbage compactor bags are also fine. In any case, extra bags should be packed.</p>		
Pack Cover	<p><b>Recommended.</b> A nylon cover with DWR-finish (durable, water-repellent)</p>		

	helps pack shed snow and moisture. 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.		
Daypack	<u>Required.</u> Any daypack should be durable and large enough for food, water, raingear, insulating layers, emergency equipment, and more. A winter daypack should be at least 2,000 cubic inches.		

## Clothing

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

Cotton: While comfortable in the frontcountry, cotton absorbs and retains water, drawing heat away from the wearer. For this reason, **cotton clothing is deadly in the backcountry and is not risked on ADK trips.**

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

Fleece: Also called Pile, 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: Polypropylene is another synthetic material that serves as a great insulator. It is especially effective as a moisture-wicking base layer next to skin.

### **A Note on Layering:**

For those who get cold easily, we recommend adding an additional insulating layer. It is important that all layers fit over one another comfortably.

Clothing	Notes	Check Lists	
Top Base Layers	<u>Required.</u> A synthetic (ex. polypropylene) or merino wool long-underwear top works best. We recommend you bring two tops, in case one gets wet.		
Insulating Top Layer	<u>Required.</u> Many participants prefer a mid-weight fleece top. A heavy-weight long-underwear top may also be acceptable.		
2 <sup>nd</sup> insulating top layer	<u>Required.</u> A second insulating top layer should be packed (i.e., fleece pullover/jacket or wool sweater, etc.)		
Insulated Jacket	<u>Required.</u> An insulated winter jacket should be large enough to fit over all layers. Because down loses its insulating properties when wet, synthetic insulation is preferred.		
Rain Jacket	<u>Required.</u> Any raingear top must be waterproof and allow for enough room to fit over insulating layers. Rain jacket must have a hood. Breathable materials are recommended (i.e., Gore-Tex or similar material). Rain jackets with ventilation zippers in the armpits, Velcro closing cuffs, and protective flaps over zippers are desirable.  <i>Note:</i> Ponchos are unacceptable because they do not provide adequate protection nor will they withstand the abuse of hiking in thickly-vegetated terrain.		
Bottom Base Layer	<u>Required.</u> A synthetic (ex. polypropylene) or merino wool long-underwear bottom works best. We recommend you bring two bottoms, in case one gets wet.		

Hiking Pants	<u>Required.</u> Durable, quick-drying synthetic, light fleece, nylon or wool pants are ideal.		
Insulated Pants	<u>Required.</u> Insulated winter pants can be wool, fleece or other synthetic material. Because down loses its insulating properties when wet, synthetic insulation is preferred.		
Rain Pants	<u>Required.</u> Any raingear pants must be waterproof and allow for enough room to fit over all insulating layers. Breathable materials are recommended (i.e., Gore-Tex or similar material). <i>Note:</i> Full-length side zippers facilitate quick and easy layering that eliminates the annoyance of footwear removal.		
Winter Hat	<u>Required.</u> Two fleece or wool hats for warmth.		
Balaclava or Facemask	<u>Required.</u> To protect skin from cold, wind and blowing snow/ice. Neck gaiters can also function as ear bands and facemasks.		
Vest	<u>Optional.</u> Provides additional core insulation.		
Ear Muffs	<u>Optional.</u> Ear muffs or wide, fleece bands can be useful for protecting ears from cold while still allowing scalp to breathe.		
Sunglasses or ski goggles	<u>Required.</u> To protect the eyes, face and skin from the sun, cold, wind and blowing snow/ice, especially on open summits. Glasses offering 100% UV protection are recommended. A hard case is suggested, as with prescription glasses.		
Glove Liners	<u>Required.</u> A lightweight polypro glove offers added insulation, or can be worn alone in milder conditions. Two pairs are recommended.		
Wool Mittens or Gloves	<u>Required.</u> Warm, insulated mittens or gloves. Mittens are warmer than gloves. In total, two pairs are recommended.		
Over Mitts	<u>Required.</u> Over mitts act as a windproof, water resistant shell.		
<b>Other Gear</b>			
Equipment	Notes	Check Lists	
Water Storage	<u>Required.</u> Two, wide-mouth liter-sized plastic water bottles work well. Bladder-bag systems (ex. Camelbak®) will freeze in winter conditions and are not acceptable. <i>Note:</i> Your body needs as much or more water in winter than in summer. Store your water bottles upside down, in an insulated holder to prevent freezing.		
Insulated Water Bottle Covers	<u>Required.</u> Water bottles should be insulated against freezing with commercially available, or homemade, covers. While less durable and effective, homemade covers can be fashioned from old pieces of closed-cell foam or wool socks.		
Lunch/Snacks	<u>Required.</u> Participants should bring a large, healthy lunch and some of their favorite snacks; items that will not be difficult to eat when almost frozen.		
Flashlight	<u>Required.</u> Headlamps are lightweight and very functional. <i>Note:</i> No light is reliable without either a backup flashlight or extra		

	batteries and an extra bulb.		
Personal Toiletries	<u>Recommended.</u> Lip balm, tampons, hand sanitizer, toilet paper, and medications should be kept to a minimum due to limited space in packs. Sample-sized toiletries are preferable.		
Whistle	<u>Required.</u> Three blows on a whistle is an effective rescue call.		
Pocket Knife	<u>Required.</u> Small blades may be useful.		
Emergency Space Blanket	<u>Required.</u> Lightweight space blankets provide shelter in an emergency and are highly recommended. <i>Note:</i> Space Blankets should be unfolded and repacked in advance to facilitate easier access in the field.		
Matches / Fire Starter	<u>Required.</u> In a waterproof container. The ADK will bring an adequate supply for the group, but as a matter of practice, participants should bring their own fire-starting equipment.		
Snowshoes	<u>Required.</u> For our terrain, acceptable snowshoes provide the following: ⇒ <i>adequate flotation</i> from appropriately sized decking ⇒ <i>good traction</i> from a metal cleat under the binding, and along the frame and deck ⇒ <i>comfort</i> from a secure and easy to adjust binding ⇒ <i>durability</i> from a strong aluminum, plastic or wood frame <i>Note:</i> Wood-framed snowshoes are acceptable, provided they are in good-working condition, and offer traction from a metal cleat under the binding, and/or along the frame and deck.		
Trekking Poles	<u>Recommended.</u> One or two trekking poles can be very helpful, especially on descent. Spring-loaded poles protect the users' wrists. <i>Note:</i> For those with knee problems, trekking poles are particularly helpful as they transfer weight from the legs to the wrists and arms.		
Sit Pad	<u>Recommended.</u> A small foam pad for sitting on cold ground.		
Hand/Foot Warmer Packs	<u>Recommended.</u> Small, lightweight packets are very useful for warming cold hands and feet in the field.		
Navigation Equipment	<u>Recommended.</u> The ADK provides the necessary navigation gear, but participants may opt to bring their personal map, guidebook, or compass.		
Lash Straps	<u>Recommended.</u> Lash Straps allow items to be packed on the outside of a smaller backpack for transportation.		
First Aid Kit	<u>Optional.</u> ADK provides the necessary emergency first aid equipment, but participants may opt to bring a small personal first aid kit.		
Extra rope	<u>Optional.</u> Parachute cord is lightweight and useful for tying down tents and flies.		
Instep Crampons	<u>Optional.</u> These can aid in ascending icy or snow-encrusted terrain. Generally, the factory-installed cleats on the bottoms of snowshoes are adequate. If you do bring instep crampons, make sure they fit your boots beforehand.		

Sunscreen, Lip Balm	<i>Optional</i> . SPF (sun protection factor) 30 is sufficient if applied regularly.		
Bandana	<i>Optional</i> . A bandana is the <i>only</i> equipment item that may be cotton.		
Writing Materials	<i>Optional</i> . Waterproof pens and paper can be used to take notes on instruction material or for journal purposes.		

### Provided Group Gear

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

First-Aid Kit	Trowel	Map
Lighter	Stoves and Fuel	Cooking Pot
Sleeping bag (for emergencies)	Sleeping pad (for emergencies)	

*\*\*\* If you'd like to bring your own equipment, please inform us beforehand, so we can make adjustments to amount of group gear we will supply. \*\*\**

Local outfitters that rent gear are:

Eastern Mountain Sports - Lake Placid (518) 523-2505

High Peaks Adventure Center – Lake Placid (518) 523-3764

The Mountaineer – Keene Valley (518) 576-2281

*Please feel free to call the ADK's Education Department with any questions at (518) 523-3480 x19.*

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