

# Gear List

## For Day Hiking 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	<p><u>Required.</u> Among hiking equipment, boots rank first in importance. For our terrain, ideal boots provide the following:</p> <ul style="list-style-type: none"> <li>⇒ <i>water resistance</i> from recent water-proofing treatment</li> <li>⇒ <i>comfort</i> from a proper fit with enough room for two pairs of socks</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 mid-sole stiffener and above-ankle height</li> <li>⇒ <i>durability</i> – a full-grain, one-piece leather upper is best</li> </ul>		
Socks	<p><u>Required.</u> Heavyweight wool socks perform best. While hiking with a pack, wool socks should be worn with a lightweight polypropylene liner sock to prevent blisters. Two 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>		

### Clothing

**A Note on Clothing Materials:**

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 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.

Equipment	Notes	Check Lists	
Synthetic	<p><u>Recommended.</u> We strongly suggest a lightweight synthetic t-shirt to wear</p>		

t-shirt	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> . Participants may desire a supplementary heavier fleece or wool jacket, or vest, especially those who get cold easily.		
3 <sup>rd</sup> Insulating Top Layer	<u>Optional (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: Ponchos are unacceptable because they will not withstand the abuse of hiking in our terrain.</i>		
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>Optional (Spring and Fall)</u> . Fleece pants or heavier long-underwear might be used		
Hiking Pants	<u>Required</u> . Durable, quick-drying synthetic pants are ideal. Zip-off pants allow for use as both pants and shorts, as well as for some ventilation.		
Rain Pants	<u>Required</u> . 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: Full-length side zippers facilitate quick and easy layering that eliminates the annoyance of footwear removal.</i>		
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 buggier 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.		
Packing Equipment			
Equipment	Notes	Check Lists	
Daypack	<u>Required</u> . Any daypack should be durable and spacious enough for food,		

	water, raingear, insulating layers, emergency equipment and more. We recommend a minimum volume of 30L / 1,800in <sup>3</sup> . <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 plastic bag. 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.		
<b>Other Gear</b>			
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.		
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>Required.</u> Bring only essentials: i.e., sunscreen, lip balm, tampons, hand sanitizer, toilet paper, and medications.		
Whistle	<u>Required.</u> Three blows on a whistle is an effective rescue call.		
Lighter/Matches	<u>Recommended.</u> In a waterproof container. Lighters or matches can be used to start fires in an emergency. 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. A 50' length is sufficient.		
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:</i> For those with knee problems, trekking poles are particularly helpful as they transfer weight from the legs to the wrists and arms.		
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.		
Towel or Bandana	<i>Optional.</i> Synthetic towels have multiple functions in the backcountry. 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.		
Camera	<i>Optional.</i> The ideal camera is a waterproof, shock-resistant digital.		
<b>Provided Group Gear</b>			
<i>Note:</i> The following is a list of group gear typically provided by the ADK for the use of all participants.			
First-Aid Kit	Map		
Water Purification System	Trowel		

*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 x19.*

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