

Volunteer Fire Tower Steward Details & Equipment List

Kayla's cell #: 315-706-8704

Seth's cell #: 585-944-1354

Office #: 518-523-3480 ext. 117- Kayla, ext. 119- Seth

Email: kaylaw@adk.org

Call or email if you have any questions!

Mailing Address:

Adirondack Mountain Club

ATTN: Summit Stewardship Program

PO Box 867

Lake Placid, NY 12946

The physical address for the Heart Lake Program Center is:

1002 Adirondack Loj Road

Lake Placid, NY 12946

Equipment that you will need:

- Sturdy, broken-in waterproof hiking boots
- Day pack
- Pack rain cover
- Pants & shorts or zip-offs (pair for summit and a pair for hiking)
- Hiking shirt (one for summit, one for hiking)
- Insulated jacket
- Fleece jacket
- Glove liners
- Fleece gloves
- Waterproof over-mitts
- Warm hat
- Extra socks & underwear
- Fleece pants
- Rain gear (jacket and pants)
- Water Filter
- Water bottles
- Lots of food/ water (at least 3 L)
- Compass
- Headlamp/ flashlight, batteries
- Sunscreen
- Toilet paper, trowel & sanitizer

Recommended:

- Hiking poles
- Gaiters
- Head bug net
- Insect repellent
- Backpacking thermos
- Pocket knife
- Duct tape
- Cordage
- Sweat Bandana
- Waterproof matches
- Whistle
- Camera
- Summit shoes

ADK provides:

- Radio
- Map case: field guide, map, cheat sheets
- First aid kit

It is very cold on the mountains! Be prepared for rain all day, hail, gusty winds, and any kind of weather imaginable, even in the summer. There are no bad days, only unprepared hikers. Have a complete change of clothing for the summit.

If there are items on this list that you do not have, contact Kayla and she will probably be able to let you borrow it.