



10 Essentials

Navigation

- Map & Compass
- Cellular Phone
- GPS device
- USB Battery Pack*

Sun Protection

- Sun Glasses
- Lip balm
- Sunscreen
- Cap

Insulation

- Moisture-wicking synthetic fabrics
- Rain Shell
- Wool or Synthetic Socks
- Extra Wool Socks
- Lightweight Gloves
- Winter Cap
- Hiking boots (waterproof or non-waterproof)

Illumination

- Headlamp
- Extra Headlamp or Flashlight
- Extra batteries

First-Aid Supplies

- First Aid Kit
- Whistle
- Towel or bandana

Fire (at least two methods)

- Bic Lighter
- Stormproof Matches
- Ferrocium Rod
- Fire Starter
(cotton+petroleum jelly)

Repair Kit & Tools

- Multitool with pliers
- Zip Ties
- Gorilla Tape
- Toilet Paper
- Biodegradable, unscented baby wipes
- Trowel

Nutrition

- High Energy Foods

Hydration

- 2-3 Liters of Water
- Electrolyte powder or tablets
- Water purification system (tablets or chemical)
- Water filtration system (mechanical)

Emergency Shelter

- Emergency Bivvy
- Emergency Blanket or Tarp

Other

- Bug Repellent
- Bug Net
- Trekking Poles
- Lightweight Gaiters (dirty girl)
- Garbage bag

If you have an emergency where a forest ranger is needed, call 911 and ask for DEC Forest Ranger assistance or call the DEC's Public Protection Dispatch at **1-833-NYS-RANGERS** (1-833-697-7264).