



10 Essentials + Winter Specific Gear

Navigation

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

Sun Protection

- Sun Glasses
- Lip balm
- Sunscreen
- Ski Goggles*

Insulation

- Hardshell Jacket
- Insulating Puffy Jacket
- Mid Weight Top
- Base Layer Top/Bottom
- Softshell Insulated Pants
- Wool Socks
- Liner Socks
- Extra Wool Socks
- Heavy Gloves
- Heavy Mitts
- Lightweight Gloves
- Winter Cap
- Extra Winter Cap
- Buff
- Balaclava*
- Gaiters
- Insulated Winter boots (>=200g)

Illumination

- Headlamp
- Extra Headlamp or Flashlight
- Extra batteries

First-Aid Supplies

- First Aid Kit
- Whistle
- Towel or bandana
- Chemical Hand Warmers

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
- Stove*

Nutrition

- High Energy Foods
(More than other seasons)

Hydration

- 2-3 Liters of Water
- Vacuum Insulated Bottle
- Additional Bottle with Insulation
(Wool Sock or Neoprene Sleeve)
- Electrolyte powder or tablets
- Water purification system (tablets or chemical)

Emergency Shelter

- Emergency Bivvy
- Emergency Blanket or Tarp
- Sleeping Bag*

Winter Traction

- Microspikes
- Snowshoes
- Trekking Poles
- Ice Axe*

* These items are necessary when climbing mountains, such as the Adirondack High Peaks, in the winter. If you need to purify water, a stove will be necessary to melt snow or ice.

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).