



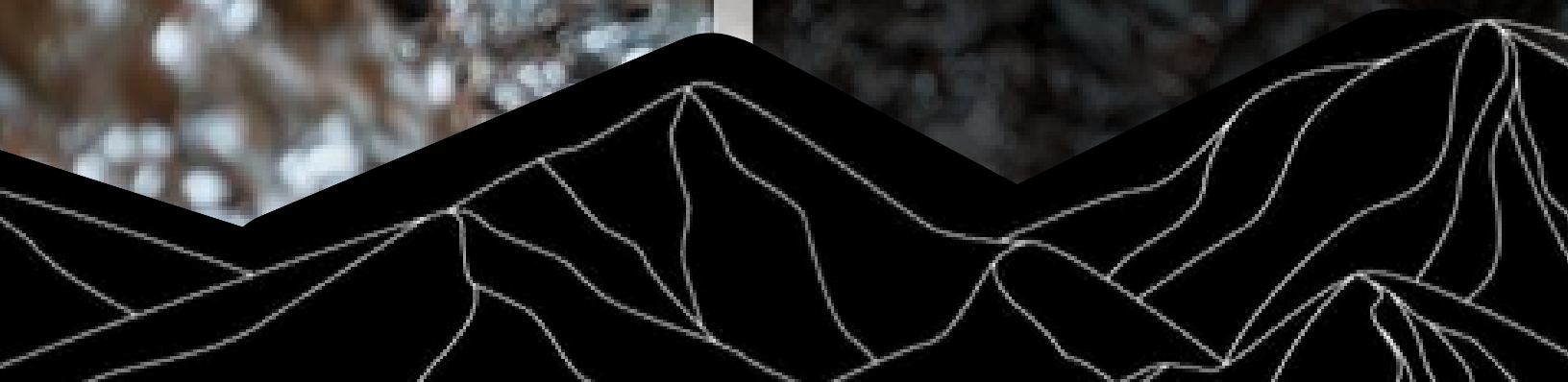
GEAR LISTS

for general public use



ADIRONDACK
MOUNTAIN
CLUB

updated Dec. 2025



Thorough preparation is necessary for a successful backcountry experience.

Proper equipment is mandatory for your and your group's safety.

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These lists are intended to be resources for the general public, as well as current and future ADK volunteer trip leaders.

Ultimately, these lists are recommendations based on staff experience. While we do our best, it is impossible to predict needs with 100% accuracy.

All hikers are responsible for their own backcountry safety.

LEVELS OF IMPORTANCE

throughout this guide, please note

LEVELS OF IMPORTANCE

REQUIRED = MUST HAVE TO PARTICIPATE

Recommended = highly desirable

Optional = users' choice

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 some items,
the **Level of Importance may vary by temperature.**
Please read thoroughly.

this guide uses the following format:

ITEM
IMPORTANCE

**Notes, tips &
considerations**

10 ESSENTIALS

The 10 Essentials are categories of gear that are necessary for a safe backcountry experience.

Every backcountry trip should cover these 10 categories.

For more information, please visit the link [here](#).

Navigation (map & compass)

Sun protection (sunglasses & sunscreen)

Insulation (extra clothing)

Illumination (headlamp/flashlight)

First Aid Kit (medications, bandaids, etc.)

Fire (waterproof matches/lighter/candle)

Repair Kit (cordage, duct tape, etc.)

Nutrition (extra food)

Hydration (extra water)

Emergency shelter (tent/emergency blanket)

WINTER DAY HIKING

This gear list covers a wide range of potential weather conditions.

There is considerable variation in weather through the summer and shoulder seasons.

The weather is impossible to predict with 100% accuracy.

These recommendations are our best estimate of what is necessary for most trips.

Please also note that layering is an art, and everyone has different preferences. All layers should be comfortable and easy to move around in when worn together.

Pages are also separated by individual and group gear. It is the expectation that each person in the party is carrying the individual gear items, while group gear items can be shared amongst all group members.

FOOTWEAR

WINTER HIKING BOOTS

REQUIRED

Insulated hiking boots are mandatory for your safety.

Summer boots are not appropriate or allowed for winter conditions.

Acceptable winter hiking boots are:

- WARM from insulation intended for winter use
- WATERPROOF to keep feet dry
- GRIPPY from a lugged sole with good traction
- SUPPORTIVE above-ankle height with good laces
- COMFORTABLE from being broken-in and fitting well
- DURABLE to withstand the elements

Insulation in winter hiking boots can generally fall into two categories: boots with insulation sewn into the body, and boots with removable liners. While sewn-in insulation can be more comfortable, removable liners can allow boots to dry more quickly.

SNOWSHOES REQUIRED

Acceptable snowshoes provide:

- ADEQUATE FLOTATION from appropriate sizing
- AGGRESSIVE TRACTION from crampons under the binding and along the frame
- HEEL RISERS for support on steep sections
- COMFORT from a secure and easy to adjust binding
- DURABILITY from a strong, secure frame

In the High Peaks region, skis or snowshoes are legally required when there are 8 or more inches of snow when measured on or off trail. This prevents postholing.

MICROSPIKES RECOMMENDED

Microspikes, also called trail crampons, are most helpful on exposed icy sections, such as during freeze-thaw periods. It is important to note that microspikes do not have flotation like snowshoes and, therefore, it is the expectation that hikers will swap gear as much as necessary depending on the needs and conditions of the trail.

WINTER HIKING SOCKS REQUIRED

NO COTTON ALLOWED (SEE PAGE # for material notes)

One pair of thick, warm socks performs best and may be accompanied by a pair of thin liner socks.

DO NOT wear two pairs of thick socks—this can decrease circulation, keeping feet colder. A spare pair of hiking socks is required, and two backup pairs are recommended.

GAITERS RECOMMENDED

Waterproof gaiters are highly recommended since they help keep snow and water out of boots. They are particularly useful in winter conditions, deep snow, and wetter terrain, such as trails and paths that traverse streams.

LINER SOCKS OPTIONAL

Thin liner socks can help prevent blisters when worn under hiking socks. NO COTTON ALLOWED.

WINTER DAY HIKING OUTERWEAR

MATERIALS MAKE A DIFFERENCE. NO COTTON ALLOWED. SEE PAGE 30

OUTER SHELL JACKET REQUIRED

The outermost top layer must be waterproof with a hood. A rain jacket or softshell jacket that is large enough to fit over all insulating layers. Breathable materials are recommended. Desirable features such as ventilation zippers in the armpits, Velcro closing cuffs, and protective flaps over zippers.

WINTER JACKET REQUIRED

An insulated winter jacket should be large enough to fit over all layers. Since down loses its insulating properties when wet, synthetic insulation is preferred.

OUTER SHELL PANTS REQUIRED

As with the top layer, the outermost bottom layer must be waterproof and allow for enough room to fit over all insulating layers. This can be either softshell pants or rain pants. Breathable materials are recommended. Full-length zippers can be helpful to easily remove layers.

WINTER HAT REQUIRED

Two insulated hats are necessary for warmth. Fleece or wool are ideal. A hat liner may be helpful.

FACE PROTECTION REQUIRED

There are days when it is so cold any exposed skin is a serious safety concern. A balaclava or neck gaiter is necessary for face protection. Petroleum jelly can also help provide insulation on exposed skin.

MITTENS REQUIRED

Mittens need to be warm, insulated, and waterproof. Best practice is to layer a pair of insulated fleece or wool mittens under waterproof over mitts that act like a shell layer. Two pairs of insulated mittens are required.

GLOVE LINERS REQUIRED

A thin liner glove adds insulation and can be worn alone in milder conditions. A spare pair is recommended.

WINTER DAY HIKING LAYERS

MATERIALS MAKE A DIFFERENCE. NO COTTON ALLOWED. SEE PAGE 30

Layering is an art, especially in the wintertime. All layers should be comfortable and easy to move around in when worn together. The weather also plays a substantial role with layering and is impossible to predict with 100% accuracy. The required items represent the minimum of what is reasonable for most trips.

For more substantial winter tips & tricks, see page 13.

BASELAYER TOPS **REQUIRED**

A long-sleeve top that is warm, breathable, and moisture wicking. A spare baselayer top to pack is required.

INSULATING TOPS **REQUIRED**

Two midweight warm layers are required, one to be worn and one to pack. Fleece or wool works well here.

BASELAYER PANTS **REQUIRED**

A long pant that is warm, breathable, and moisture wicking. A spare baselayer bottom to pack is required.

INSULATING PANTS **REQUIRED**

Midweight insulated pants provide an additional layer of warmth can be wool, fleece, or other synthetic material.

HIKING PANTS **REQUIRED**

Hiking pants should be quick drying, breathable, durable, and comfortable.

NECK GAITER **RECOMMENDED**

Neck gaiters provide an additional layer of warmth and are multifunctional.

VEST **OPTIONAL**

Vests provide core insulation. Some people prefer vests as they provide freedom of movement and are less bulky under other layers.

WINTER DAY HIKING INDIVIDUAL GEAR

DAYPACK REQUIRED

A winter daypack is typically around 40L. Any pack should be durable, comfortable and large enough for food, water, gear, insulating layers, emergency equipment, and more.

WATERPROOF PACK SYSTEM REQUIRED

A system for keeping gear dry is mandatory, regardless of anticipated weather conditions.

Acceptable methods include:

- Pack liner (recommended): A contractor bag or thick garbage bag is a great way to waterproof any pack.
- Dry bags: having a smaller, dedicated waterproof bag to store essential emergency gear will help protect it. Using smaller bags can also help keep gear organized.
- Pack cover: pack covers are a great addition to keep off precipitation. HOWEVER, moisture may still breach the pack through the uncovered areas of a pack. If using a pack cover, an additional waterproof bag to protect essential emergency gear is still necessary.

WINTER WATER STORAGE REQUIRED

An insulated water storage method to carry 2–3L of water is necessary for a successful trip. Water bottles should be insulated against freezing with commercially available or homemade covers. Covers can be fashioned from wool socks or old pieces of closed cell foam. Bladder-bag systems and hoses are unreliable in winter and strongly discouraged.

FOOD REQUIRED

Remember to bring plenty of food and your favorite snacks! All food should be quick and easy to eat while almost frozen. Fueling well helps keep the cold at bay.

HEADLAMP REQUIRED

One headlamp with spare batteries* is required.

A backup headlamp is highly recommended.

*See materials notes on page #

EYE PROTECTION REQUIRED

Ski goggles or sunglasses protect the eyes, face and skin from the sun, cold, wind, and blowing snow/ice.

WINTER DAY HIKING **INDIVIDUAL GEAR**

NAVIGATION EQUIPMENT

REQUIRED

Having a paper map & compass, and knowing how to use them, are **CRITICAL** for any backcountry adventure. A spare paper map is recommended.

EMERGENCY BLANKET

REQUIRED

Lightweight emergency space blankets add little weight yet provide warmth and shelter.

WHISTLE

REQUIRED

Three blows on a whistle is an effective rescue call. Many packs have a built in whistle on the chest strap.

PERSONAL MED KIT

REQUIRED

Each person should carry any necessary personal medications as well as a general first aid kit appropriate for their level of medical training.

REPAIR KIT

REQUIRED

A great repair kit is tailored to each person's items. Common items include extra batteries, gear patch kits, duct tape, scissors, and paracord.

BATHROOM KIT

REQUIRED

A WAG bag to pack out solid waste is necessary since catholes are not effective in frozen ground. For more information see page 11.

HAND WARMERS

RECOMMENDED

While they should not be the sole strategy for warmth, hand warmers are great in a pinch!

TREKKING POLES

RECOMMENDED

Trekking poles can help with balance and stability. Snowbaskets are great in the wintertime to keep poles from sinking in the snow.

SIT PAD

OPTIONAL

A small foam pad provides insulation from the cold ground.

PERSONAL ITEMS

OPTIONAL

Any additional items, such as a summit journal, should be kept to a minimum. Items may freeze.

WINTER DAY HIKING GROUP GEAR

The items on this page represent group gear items for use by the group as a whole. Many of them are to be prepared in case of an emergency.

Any person headed into the backcountry needs to be prepared for an unexpected overnight in the woods, even if the planned excursion is a day hike. Any potential rescue will take time.

GROUP FIRST AID KIT REQUIRED

A great group first aid kit is tailored to the intensity of the trip as well as the level of training of the person carrying it. **These save lives.**

GROUP REPAIR KIT REQUIRED

A great repair kit is tailored to the intensity of the trip as well as the level of training of the person carrying it. Common group repair kit items include snowshoe straps, backup water treatment tablets, and emergency space blankets.

BACKPACKING STOVE, FUEL, POT REQUIRED

While primarily carried in case of an emergency, warm food can be quite the morale boost! Liquid fuel (white gas) stoves perform best in the cold.

GROUP TARP REQUIRED

Provides wind protection and emergency shelter if needed. It's always a good idea to practice winter shelter techniques prior to your trip.

SLEEPING BAG REQUIRED

For warmth in an emergency, ensure that the bag is rated to a temperature appropriate to the weather. **Materials:** synthetic will retain its insulation even when wet, while down is more compressible.

SLEEPING PAD REQUIRED

To insulate from the cold ground. Ensure that the pad is appropriately rated for the weather conditions.

SATELLITE DEVICE RECOMMENDED

These devices allow for communication deep in the backcountry. Many are able to send exact GPS coordinates to emergency services if needed.

CHECKLIST

WINTER DAY HIKING

FOOTWEAR

- ☐ Winter Hiking Boots
- ☐ Snowshoes
- ☐ Winter Hiking socks
- ☐ Gaiters
- ☐ Liner socks*

OUTERWEAR

- ☐ Outer Shell Jacket
- ☐ Winter Jacket
- ☐ Outer Shell Pants
- ☐ Winter Hat
- ☐ Face Protection
- ☐ Mittens
- ☐ Glove Liners

INSULATING LAYERS

- ☐ Baselayer Tops
- ☐ Insulating Tops
- ☐ Baselayer Pants
- ☐ Insulated Pants
- ☐ Hiking Pants
- ☐ Neck Gaiter
- ☐ Vest*

GENERAL GEAR

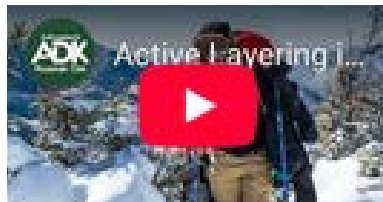
- ☐ Daypack
- ☐ Waterproof Pack System
- ☐ Winter Water Storage
- ☐ Food
- ☐ Headlamp
- ☐ Eye protection
- ☐ Whistle
- ☐ Bathroom Kit
- ☐ Emergency Blanket
- ☐ Hand Warmers
- ☐ Navigation Equipment
- ☐ First Aid Kit
- ☐ Repair Kit
- ☐ Trekking Poles
- ☐ Sit Pad*
- ☐ Personal Items*

GROUP GEAR

- ☐ Group First Aid Kit
- ☐ Group Repair Kit
- ☐ Backpacking Stove, Fuel, & Pot
- ☐ Group Tarp
- ☐ Sleeping Bag
- ☐ Sleeping Pad
- ☐ Satellite Device

*optional items

WINTER TIPS & TRICKS



LAYERING

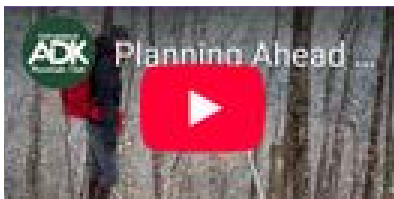
For an in-depth explanation on layering, watch this video!

[LINK HERE](#)

WINTER FACILI-TREES

What's a WAG bag? The options for going to the bathroom in the backcountry are different depending on the season.

[LINK HERE](#)



WINTER CONSIDERATIONS

While this is a guided hike, even MORE helpful winter hiking considerations can be found in this video!

[LINK HERE](#)

MISCELLANEOUS

- Storing water bottles upside down prevents bottle lids from freezing.
- All exposed metal jewelry should be removed.
- Petroleum jelly/occlusives can help protect areas of the face that are difficult to cover by acting as another layer. Some include SPF!
- Staying warm is easier than getting warm. Be proactive with adding and removing layers as needed (active layering).
- Fueling is especially important in the wintertime to prevent cold illnesses. Eating snacks more frequently will help keep you warm.

3 SEASONS DAY HIKING

This three season clothing list covers a wide range of potential weather conditions.

There is considerable variation in weather through the summer and shoulder seasons.

The weather is impossible to predict with 100% accuracy.

These recommendations are our best estimate of what is necessary for most trips.

Please also note that layering is an art, and everyone has different preferences. All layers should be comfortable and easy to move around in when worn together.

Items will be slightly different depending on the season—please read this list thoroughly.

FOOTWEAR

MATERIALS MAKE A DIFFERENCE. NO COTTON ALLOWED. SEE PAGE 30

HIKING BOOTS -OR- TRAIL RUNNERS **REQUIRED**

Acceptable hiking boots are:

- WATER-RESISTANT to keep feet dry
- BREATHABLE to dry quickly
- GRIPPY from a lugged sole with good traction
- SUPPORTIVE with good laces for long days & tired feet
- COMFORTABLE from being broken-in and fitting well
- DURABLE to withstand the elements

Hiking boots vs. trail runners: Some people prefer the breathability of trail runners to hiking boots. However, the above ankle height of hiking boots provides more stability. Either are acceptable, go with what is most comfortable for you!

HIKING SOCKS **REQUIRED**

NO COTTON ALLOWED (SEE PAGE # for material notes)

Two pairs are required: one pair to wear and one pair to pack. Hiking socks are typically durable, breathable, and may be accompanied by a pair of thin liner socks to prevent blisters. A third pair of socks for additional backup is recommended.

GAITERS **RECOMMENDED**

Gaiters are helpful to keep debris and water out of boots. Gaiters are particularly useful in wetter terrain such as trails/paths that traverse streams or are notoriously muddy.

LINER SOCKS **OPTIONAL**

Thin liner socks can help prevent blisters when worn under hiking socks. **NO COTTON ALLOWED.**

3 SEASON DAY HIKING CLOTHING

MATERIALS MAKE A DIFFERENCE. NO COTTON ALLOWED. SEE PAGE 30

HIKING TOP REQUIRED

Hiking clothes should be quick drying, breathable, durable, and comfortable. While t-shirts are more breathable, long sleeves can provide sun and bug protection. Long sleeves are recommended for spring and fall trips where colder weather is more likely.

HIKING PANTS REQUIRED

Hiking pants should be quick drying, breathable, durable, and comfortable. Shorts are more breathable, while pants protect against bugs and scrapes. Pants are recommended for spring and fall trips where colder weather is more likely.

RAIN JACKET REQUIRED

Must be waterproof and allow for enough room to fit over all insulating layers. Rain jacket must have a hood and be durable. Other helpful features include ventilation zippers and breathable fabric. *Note: ponchos are not acceptable since they are not durable enough for our terrain.*

RAIN PANTS *REQUIRED

*Required for Spring & Fall, recommended for Summer. Must be waterproof and allow for enough room to fit over all insulating layers. Even if no rain is in the forecast, weather is unpredictable. Also a great additional layer to protect from bugs & cold.

BASELAYER TOP REQUIRED

A long-sleeve top that is warm, breathable, and moisture wicking. Baselayers are particularly helpful when conditions are chillier than expected, such as on windy summits.

BASELAYER PANTS *REQUIRED

*Required in Spring & Fall, recommended in summer. Baselayers are long pants that are warm, breathable, and moisture wicking.

INSULATING TOP REQUIRED

One midweight warm layer is required. In summer, this may be a heavyweight long underwear style top, while in spring & fall, a fleece or wool sweater is more appropriate.

3 SEASON DAY HIKING CLOTHING

MATERIALS MAKE A DIFFERENCE. NO COTTON ALLOWED. SEE PAGE 30

INSULATING PANTS

***RECOMMENDED**

*Recommended in Spring and Fall, Optional in summer. Midweight insulated pants provide an additional layer of warmth. Like an insulating top, weight will vary by season.

SPARE INSULATING TOP

***RECOMMENDED**

*Recommended in Spring and Fall. Having a spare insulating layer to pack can be helpful in case one gets wet or conditions are colder than expected.

SUNHAT

RECOMMENDED

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

RECOMMENDED

Glasses offering 100% UV protection are recommended. A hard case is suggested, as with prescription glasses.

WINTER HAT

***RECOMMENDED**

*Recommended for cold weather conditions, early spring, and late fall.

LINER GLOVES

***RECOMMENDED**

*Recommended for cold weather conditions, early spring, and late fall

BUG NET

OPTIONAL

An insect headnet can help reduce the stress of insects in buggier months and wetter areas.

NECK GAITER

OPTIONAL

Neck gaiters provide an additional layer of warmth and are multifunctional. Many are breathable and can offer UV and bug protection for the summer months.

3 SEASON DAY HIKING GENERAL GEAR

DAYPACK

REQUIRED

A daypack is typically around 30L. Any pack should be durable, comfortable and large enough for food, water, gear, insulating layers, emergency equipment, and more.

WATERPROOF PACK SYSTEM

REQUIRED

A system for keeping gear dry is mandatory, regardless of anticipated weather conditions.

Acceptable methods include:

- Pack liner (recommended): A contractor bag or thick garbage bag is a great way to waterproof any pack.
- Dry bags: Having a smaller, dedicated waterproof bag to store essential emergency gear will help keep it protected. Also, small bags can help keep gear organized.
- Pack cover: Pack covers are a great addition to keep off precipitation. HOWEVER, moisture may still breach the pack through the uncovered areas of a pack. If using a pack cover, an additional waterproof bag to protect essential emergency gear is still necessary.

WATER STORAGE

REQUIRED

A water storage method to carry 2–3L of water is necessary for a successful trip. Hard-sided water bottles work best. Bladder bag systems can work as well, however at least one hard sided bottle should be taken in case the bag rips or leaks.

WATER PURIFICATION

REQUIRED

A water filter protects you from waterborne illness or the potential of running out of water. Any water gathered from the field must be treated. While your guide will carry purification tablets to act as a backup, having your own filter or other system is helpful!

FOOD

REQUIRED

Please bring a lunch and your favorite snacks! All food should be quick and easy to eat.

HEADLAMP

REQUIRED

One headlamp with spare batteries* is required.

A backup headlamp is highly recommended.

*See materials notes on page 10

3 SEASON DAY HIKING GENERAL GEAR

WHISTLE

REQUIRED

Three blows on a whistle is an effective rescue call. Many packs have a built-in whistle on the chest strap.

BATHROOM KIT

REQUIRED

Be prepared to use the facilities if needed. Most kits include a trowel, toilet paper, menstrual products, a small bag for trash, and hand sanitizer.

EMERGENCY BLANKET

REQUIRED

Lightweight emergency space blankets add little weight yet provide warmth and shelter.

NAVIGATION EQUIPMENT

REQUIRED

While this is a guided trip, having a paper map and compass (and knowing how to use them) is the best practice for any backcountry adventure.

FIRST AID KIT

REQUIRED

ADK provides the necessary emergency first aid equipment, but many opt to bring a small personal first aid kit.

REPAIR KIT

REQUIRED

Items that can help fix things that break in the field. Common examples include extra batteries, duct tape, scissors, and paracord.

TREKKING POLES

RECOMMENDED

Trekking poles can help with balance and stability, as well as provide joint support.

BUG SPRAY

RECOMMENDED

Insect repellent is especially helpful during blackfly season in late May, June, and July.

SUNSCREEN

RECOMMENDED

Sun protection is especially important in the summer months and above treeline.

SIT PAD

OPTIONAL

A small foam pad provides insulation and protection from the ground.

PERSONAL ITEMS

OPTIONAL

Any additional items, such as a summit journal, camera, or bandana should be kept to a minimum.

3 SEASON DAY HIKING GROUP GEAR

The items on this page represent group gear items for use by the group as a whole. Many of them are to be prepared in case of an emergency.

Any person headed into the backcountry needs to be prepared for an unexpected overnight in the woods, even if the planned excursion is a day hike. Any potential rescue will take time.

GROUP FIRST AID KIT

REQUIRED

A great group first aid kit is tailored to the intensity of the trip as well as the level of training of the person carrying it. These save lives.

GROUP REPAIR KIT

REQUIRED

A great repair kit is tailored to the intensity of the trip as well as the level of training of the person carrying it. Common group repair kit items include backup water treatment tablets and emergency space blankets.

GROUP TARP

REQUIRED

Provides wind protection and emergency shelter if needed. It's always a good idea to practice winter shelter techniques prior to your trip.

SATELLITE DEVICE

RECOMMENDED

These devices allow for communication deep in the backcountry. Many are able to send exact GPS coordinates to emergency services if needed.

CHECKLIST

3 SEASON DAY HIKING

FOOTWEAR

- ☐ Hiking Boots
- ☐ Hiking Socks
- ☐ Gaiters
- ☐ Liner socks*

CLOTHING

- ☐ Hiking Top
- ☐ Hiking Pants
- ☐ Rain Jacket
- ☐ Rain Pants
- ☐ Baselayer Top
- ☐ Baselayer Pants
- ☐ Insulating Top
- ☐ Insulating Pants
- ☐ Spare Insulating Top
- ☐ Sunhat
- ☐ Sunglasses
- ☐ Winter Hat
- ☐ Liner Gloves
- ☐ Bug Net*
- ☐ Neck Gaiter*

GENERAL GEAR

- ☐ Daypack
- ☐ Waterproof Pack System
- ☐ Water Storage
- ☐ Water Purification
- ☐ Food
- ☐ Headlamp
- ☐ Whistle
- ☐ Bathroom Kit
- ☐ Emergency Blanket
- ☐ Navigation Equipment
- ☐ First Aid Kit
- ☐ Repair Kit
- ☐ Trekking Poles
- ☐ Bug Spray
- ☐ Sunscreen
- ☐ Sit Pad*
- ☐ Personal Items*

GROUP GEAR

- ☐ Group First Aid Kit
- ☐ Group Repair Kit
- ☐ Group Tarp
- ☐ Satellite Device

*optional items

3 SEASONS BACKPACKING

This three season clothing list covers a wide range of potential weather conditions.

There is considerable variation in weather through the summer and shoulder seasons.

The weather is impossible to predict with 100% accuracy.

These recommendations are our best estimate of what is necessary for most trips.

Please also note that layering is an art, and everyone has different preferences. All layers should be comfortable and easy to move around in when worn together.

Items will be slightly different depending on the season—please read this list thoroughly.

FOOTWEAR

MATERIALS MAKE A DIFFERENCE. NO COTTON ALLOWED. SEE PAGE 30

HIKING BOOTS -OR- TRAIL RUNNERS **REQUIRED**

Acceptable hiking boots are:

- WATER-RESISTANT to keep feet dry
- BREATHABLE to dry quickly
- GRIPPY from a lugged sole with good traction
- SUPPORTIVE with good laces for long days & tired feet
- COMFORTABLE from being broken-in and fitting well
- DURABLE to withstand the elements

Hiking boots vs. trail runners: Some people prefer the breathability of trail runners to hiking boots. However, the above ankle height of hiking boots provides more stability. Either are acceptable, go with what is most comfortable for you!

HIKING SOCKS **REQUIRED**

NO COTTON ALLOWED (SEE PAGE # for material notes)

Two pairs are required: one pair to wear and one pair to pack. Hiking socks are typically durable, breathable, and may be accompanied by a pair of thin liner socks to prevent blisters. A third pair of socks for additional backup is recommended.

GAITERS **RECOMMENDED**

Gaiters are helpful to keep debris and water out of boots. Gaiters are particularly useful in wetter terrain such as trails/paths that traverse streams or are notoriously muddy.

CAMP SHOES **OPTIONAL**

Lightweight closed-toe shoes to wear around camp.

3 SEASON BACKPACKING CLOTHING

MATERIALS MAKE A DIFFERENCE. NO COTTON ALLOWED. SEE PAGE 30

HIKING TOP REQUIRED

Hiking clothes should be quick drying, breathable, durable, and comfortable. While t-shirts are more breathable, long sleeves can provide sun and bug protection. Long sleeves are recommended for spring and fall trips where colder weather is more likely.

HIKING PANTS REQUIRED

Hiking pants should be quick drying, breathable, durable, and comfortable. Shorts are more breathable, while pants protect against bugs and scrapes. Pants are recommended for spring and fall trips where colder weather is more likely.

RAIN JACKET REQUIRED

Must be waterproof and allow for enough room to fit over all insulating layers. Rain jacket must have a hood and be durable. Other helpful features include ventilation zippers and breathable fabric. *Note: ponchos are not acceptable since they are not durable enough for our terrain.*

RAIN PANTS *REQUIRED

*Required for Spring and Fall, recommended for Summer. Must be waterproof and allow for enough room to fit over all insulating layers. Even if no rain is in the forecast, weather is unpredictable. Also a great additional layer to protect from bugs and cold.

BASELAYER TOP REQUIRED

A long-sleeve top that is warm, breathable, and moisture wicking. Baselayers are particularly helpful when conditions are chillier than expected, such as on windy summits.

BASELAYER PANTS *REQUIRED

*Required in Spring and Fall, recommended in summer. Baselayers are long pants that are warm, breathable, and moisture wicking.

INSULATING TOP REQUIRED

One midweight warm layer is required. In summer, this may be a heavyweight long underwear style top, while in spring and fall a fleece or wool sweater is more appropriate.

3 SEASON BACKPACKING CLOTHING

MATERIALS MAKE A DIFFERENCE. NO COTTON ALLOWED. SEE PAGE 30

INSULATING PANTS

***RECOMMENDED**

*Recommended in Spring and Fall, Optional in summer. Midweight insulated pants provide an additional layer of warmth. Like an insulating top, weight will vary by season.

SPARE INSULATING TOP

***RECOMMENDED**

*Recommended in Spring and Fall. Having a spare insulating layer to pack can be helpful in case one gets wet or conditions are colder than expected.

SUNHAT

RECOMMENDED

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

RECOMMENDED

Glasses offering 100% UV protection are recommended. A hard case is suggested, as with prescription glasses.

WINTER HAT

***RECOMMENDED**

*Recommended for cold weather conditions, early spring, and late fall.

LINER GLOVES

***RECOMMENDED**

*Recommended for cold weather conditions, early spring, and late fall.

BUG NET

OPTIONAL

An insect headnet can help reduce the stress of insects in bugger months and wetter areas.

NECK GAITER

OPTIONAL

Neck gaiters provide an additional layer of warmth and are multifunctional. Many are breathable and can offer UV and bug protection for the summer months.

3 SEASON BACKPACKING GENERAL GEAR

BACKPACK REQUIRED

Packs should be spacious enough to hold all required personal equipment as well as an equitable share of group gear. For most people, the minimum adequate volume is 65L. Internal frame packs perform best. Please make sure there is space for around 7L of group gear (for ex. one pot). It is important to practice carrying a full pack before the trip!

WATERPROOF PACK SYSTEM REQUIRED

A system for keeping gear dry is mandatory, regardless of anticipated weather conditions.

Acceptable methods include:

- Pack liner (recommended): A contractor bag or thick garbage bag is a great way to waterproof any pack.
- Dry bags: having a smaller, dedicated waterproof bag to store essential emergency gear will help keep it protected. Also, small bags can help keep gear organized

Pack cover: pack covers are a great addition to keep off precipitation. HOWEVER, moisture may still breach the pack through the uncovered areas of a pack. If using a pack cover, an additional waterproof bag to protect essential emergency gear is still necessary.

WATER STORAGE REQUIRED

A water storage method to carry 2–3L of water is necessary for a successful trip. Hard-sided water bottles work best. Bladder bag systems can work as well, however at least one hard sided bottle should be taken in case the bag rips or leaks.

WATER PURIFICATION REQUIRED

A system for water purification protects you from waterborne illness or the potential of running out of water. Any water gathered from the field must be treated. While your guide will carry purification tablets as backups, having your own filter or other system is necessary.

3 SEASON BACKPACKING SLEEPING GEAR

SHELTER SYSTEM

REQUIRED

A lightweight, 1- or 2-person shelter typically works best. Participants will need a tent, regardless of if they plan to stay in a lean-to. Tents can be shared. Tarp or hammock shelters are acceptable in place of a tent.

SLEEPING BAG

REQUIRED

The temperature rating on a sleeping bag is the temperature at which the bag can keep you safe. In order to be comfortable, please bring a bag that is rated for lower than the expected weather on the trip. For most trips this means a rating of at least 20°F / -7°C. Ratings of 30°F / -1°C may be acceptable for trips in July and August.

Materials Notes: Down bags are lighter weight and pack down smaller. However, down loses its insulation properties when wet. Synthetic is bulkier but retains insulation properties when wet. We highly recommend synthetic bags for less experienced backpackers. A sleeping bag liner can also add several degrees of additional warmth.

SLEEPING PAD

REQUIRED

The sleeping pad insulates from the cold ground. Both closed-cell foam pads and inflating air pads are acceptable. If bringing an inflatable pad, please bring a patch kit.

SLEEPING BAG STORAGE

REQUIRED

Regardless of anticipated weather, sleeping bags need to be stored in a waterproof method (dry bag or garbage bag). This is mandatory for your safety.

PILLOW

OPTIONAL

Although extra clothing can always be used as a pillow, some hikers prefer to carry a very small, very compact, inflatable pillow.

3 SEASON BACKPACKING MORE GEAR

BEAR CANISTER REQUIRED

Bear canisters are required in the Eastern High Peaks Wilderness Area from April 1–November 30.

MESS KIT REQUIRED

A small, packable bowl and utensil works best. Bring a mug for coffee if desired.

HEADLAMP REQUIRED

One headlamp with spare batteries* is required.
A backup headlamp is highly recommended.
*See materials notes on page 11

WHISTLE REQUIRED

Three blows on a whistle is an effective rescue call. Many packs have a built-in whistle on the chest strap.

BATHROOM KIT REQUIRED

Be prepared to use the facili-trees if needed. Most kits include a trowel, toilet paper, menstrual products, a small bag for trash, and hand sanitizer.

PERSONAL TOILETRIES REQUIRED

Due to limited space in packs and bear canisters, toiletries should be kept to a minimum. Sample-sizes are preferable. Bring only essentials: i.e., toothbrush, toothpaste, lip balm, tampons, hand sanitizer, and medications.

FIRST AID KIT REQUIRED

ADK provides the necessary emergency first aid equipment, but many opt to bring a small personal first aid kit.

REPAIR KIT REQUIRED

Items that can help fix things that break in the field. Common examples include extra snowshoe straps, batteries, duct tape, scissors, and paracord.

TREKKING POLES RECOMMENDED

Trekking poles can help with balance and stability, as well as provide joint support.

3 SEASON BACKPACKING MORE GEAR

BACKPACKING STOVE, FUEL, POT

REQUIRED

Depending on the group size, a stove can be a piece of group gear or individual. Small, lightweight backpacking stoves are great for 1 to 2 people, while larger liquid fuel stoves are helpful for large groups and cold weather.

EMERGENCY BLANKET

REQUIRED

Lightweight emergency space blankets add little weight yet provide warmth and shelter.

NAVIGATION EQUIPMENT

REQUIRED

While this is a guided trip, having a paper map and compass (and knowing how to use them) is the best practice for any backcountry adventure.

BUG SPRAY

RECOMMENDED

Insect repellent is especially helpful during blackfly season in late May, June, and July.

SUNSCREEN

REQUIRED

Sun protection is especially important in the summer months and above treeline.

SIT PAD

OPTIONAL

A small foam pad provides insulation and protection from the ground.

PERSONAL ITEMS

OPTIONAL

Any additional items, such as a summit journal, camera, or bandana should be kept to a minimum.

CAMP CHAIR

OPTIONAL

A small, lightweight, packable, collapsible chair offers comfort at camp.

DAYPACK

OPTIONAL

Most participants simply use their full-sized pack and just carry the things they need for the day hikes from basecamp. Some participants prefer to carry in a lighter day pack to be used on day hikes. Any daypack should be durable and large enough for food, water, rain gear, insulating layers, emergency equipment, and more.

3 SEASON BACKPACKING GROUP GEAR

The items on this page represent group gear items for use by the group as a whole. Many of them are to be prepared in case of an emergency.

Any person headed into the backcountry needs to be prepared for an unexpected overnight in the woods, even if the planned excursion is a day hike. Any potential rescue will take time.

GROUP FIRST AID KIT

REQUIRED

A great group first aid kit is tailored to the intensity of the trip as well as the level of training of the person carrying it. These save lives.

GROUP REPAIR KIT

REQUIRED

A great repair kit is tailored to the intensity of the trip as well as the level of training of the person carrying it. Common group repair kit items include backup water treatment tablets and emergency space blankets.

GROUP TARP

REQUIRED

Provides wind protection and emergency shelter if needed. It's always a good idea to practice winter shelter techniques prior to your trip.

SATELLITE DEVICE

RECOMMENDED

These devices allow for communication deep in the backcountry. Many are able to send exact GPS coordinates to emergency services if needed.

BACKPACKING CHECKLIST

FOOTWEAR

- ☐ Hiking Boots
- ☐ Hiking Socks
- ☐ Gaiters
- ☐ Camp Shoes

CLOTHING

- ☐ Hiking Top
- ☐ Hiking Pants
- ☐ Rain Jacket
- ☐ Rain Pants
- ☐ Baselayer Top
- ☐ Baselayer Pants
- ☐ Insulating Top
- ☐ Insulating Pants
- ☐ Spare Insulating Top
- ☐ Sunhat
- ☐ Sunglasses
- ☐ Winter Hat
- ☐ Liner Gloves
- ☐ Bug Net*
- ☐ Neck Gaiter*

GROUP GEAR

- ☐ Group First Aid Kit
- ☐ Group Repair Kit
- ☐ Group Tarp
- ☐ Satellite Device

GENERAL GEAR

- ☐ Backpack
- ☐ Waterproof Pack System
- ☐ Water Storage
- ☐ Water Purification
- ☐ Shelter System
- ☐ Sleeping Bag
- ☐ Sleeping Pad
- ☐ Sleeping Bag Storage
- ☐ Pillow*
- ☐ Food
- ☐ Mess Kit
- ☐ Headlamp
- ☐ Whistle
- ☐ Bathroom Kit
- ☐ Personal Toiletries
- ☐ First Aid Kit
- ☐ Repair Kit
- ☐ Trekking Poles
- ☐ Emergency Blanket
- ☐ Navigation Equipment
- ☐ Bug Spray
- ☐ Sunscreen
- ☐ Sit Pad*
- ☐ Personal Items*
- ☐ Camp Chair
- ☐ Daypack

*optional items

MATERIALS

MAKE A DIFFERENCE

CLOTHING

COTTON

Cotton absorbs and retains seven times its weight in water, drawing heat away from the wearer. For this reason, **cotton clothing is dangerous in the backcountry and is not allowed on ADK trips.**

WOOL

A favorite material of woodsmen for centuries, wool retains its insulating qualities when wet. Wool is particularly durable, and more compact than fleece.

FLEECE

Fleece is a synthetic material that draws moisture from skin without actually absorbing water, which makes for great insulation. It also retains its insulation properties when wet and can be more comfortable than wool.

SYNTHETIC

Other synthetic materials, such as polypropylene, also serve as great insulators. Polypropylene is especially effective as a moisture-wicking base layer next to skin.

DOWN

Lighter and less bulky than synthetic materials, down is another popular material. However, down loses its insulation properties when wet, so it is important that any down items are worn with a waterproof shell layer and packed in a waterproof dry bag.

BATTERIES

cold drains batteries quickly, bring backups

LITHIUM

- ✓ longer lasting
- ✓ cold-resistant
- ✓ lightweight
- ✗ more expensive

VS.

ALKALINE

- ✓ lower price
- ✓ widely available
- ✗ replace more often