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| **Equipment** | **Notes** | **Check List** |
| **CLOTHING** |  |  |
| Pants/Shorts | Quick-drying synthetic pants or shorts are recommended. Minimum two pair. |  |
| Synthetic/wool blend t-shirts | Quick-drying synthetic or wool blend t-shirt and long sleeved shirt. These are your main tops. Cotton is not recommended. |  |
| Mid-layer Top | A fleece top or down puffy are good for in camp or unexpectedly cold hiking weather. |  |
| Extra Insulating layer | Those who get cold easy may want an additional synthetic or wool blend layer. |  |
| Rain Jacket | Any raingear top must be waterproof and allow enough room to fit over all insulating layers. Breathable materials are recommended. A jacket with hood and ventilation zippers is desirable. This also serves as a windproof layer. Ponchos are typically not recommended unless used to supplement your rain jacket. |  |
| Rain Pants | These provide an additional layer of rain and cold protection. |  |
| Winter Hat or Balaclava | A fleece or wool hat for warmth and in an emergency is highly recommended. |  |
| Hat/Cap/Buff | For insect and sun protection. |  |
| Insect Head Net | Especially in the buggier months of June and July, a head net can reduce the stress of insects. |  |
| Gloves | Glove liners or light gloves work well for warmth and additional insect protection. Highly recommended for shoulder seasons. |  |
| Undergarments | Underwear is fun-to-wear. Synthetic is best. |  |
| Long Johns | Synthetic/silk; these work well doubling as sleep wear and an additional layer for unexpectedly cold weather. |  |
| **FOOTWEAR** |  |  |
| Boots/Shoes | Hiking shoes, trail runners, or boots are good options. All foot wear is recommended to have the following characteristics: good traction (ex. Vibram), support appropriate for your needs, full foot coverage, comfort with proper fit with enough room, blister prevention from being broken in well. |  |
| Socks | Wool or wool blend socks are best. |  |
| Gaiters | These keep rocks, dirt, and water out of boots. These are particularly useful in muddy conditions. |  |
| Camp Shoes | Lightweight shoes such as Crocs are nice to have in camps or on longer breaks. |  |
| **PACKING** |  |  |
| Backpack | This should be durable and large enough to hold all of your food, water, and all other gear. |  |
| Waterproof Pack Liner | A trash *compactor* bag is preferred over a trash bag, but trash bags or zip top bags are acceptable. A pack cover can also be helpful but should not be used exclusively. |  |
| **TENT/SLEEP SYSTEM** |  |  |
| Tent/Tarptent | A lightweight backpacking tent or tarp with bug protection is recommended. Backpacking hammocks, tarps and bivy sacks are acceptable. |  |
| Sleeping Bag | Down or synthetic rated 30 degrees or less are acceptable. Be prepared for cooler temperatures at night. A modern bag that is reasonably light and packable is suggested. In winter, a negatively rated bag is recommended. |  |
| Sleeping Pad | A closed or open cell pad is strongly encouraged. If you pad is inflatable a patch kit is suggested. |  |
| **COOKWEAR/HYDRATION** |  |  |
| Stove | A modern cooking unit such as Jetboil, Pocket Rocket and pot, etc., is best (along with many similar options). A homemade alcohol stove is acceptable *unless there is an open fire ban in effect.* |  |
| Utensil | A durable spork or basic utensil set is recommended. |  |
| Fuel | Carry an adequate amount of fuel for your cook system. |  |
| Bowl/Mug | Everyone has different cook systems, but consider carrying a mug for hot drinks and a squishy bowl or similar for eating if your cook system doesn’t have a pot built in. |  |
| Hydration | A hydration pack is suggested so you can regularly take in water while hiking. An additional bottle is also suggested should your hydration pack fail, and is also useful in camp. |  |
| Water Treatment | You are encouraged to treat your water by filtering or using some other legitimate purification system. |  |
| Bear Bag and Paracord | On the NPT a bear canister is not required but is the best method of preventing bear encounters. Alternatively, you must have a designated food bag, cord to hang it at night, and the ability to do so. |  |
| Food | Nutrient dense food that is quick and easy to prepare is best. |  |
| **OTHER GEAR** |  |  |
| First Aid | Plan to carry typical first aid products for your own care. Blister care and Band-Aids are recommended, as are personal medications. |  |
| Wallet Items | ID, credit card and some cash for trail towns, and an emergency contact list. |  |
| Knife/Multitool | Small blades are useful. |  |
| Illumination | A head lamp is lightweight and very functional. Note: working batteries are essential. |  |
| Fire Starter | Having two different ways to start a fire is suggested. |  |
| Toilet Paper and Trowel | Waste must be buried in a cat hole so a trowel or appropriate alternative should be packed. |  |
| Personal Toiletries | Items like face wipes, hand sanitizer, Dr. Bronner’s soap (biodegradable) and other personal items are suggested. |  |
| Insect Repellent | Only a small bottle is needed. |  |
| Camera | Ideal is waterproof, shock-resistant, compact, and digital. |  |
| Bandana | Versatile. |  |
| Trekking Poles | One or two trekking poles can be very helpful, especially in decent, especially for those with joint problems. |  |
| Map and Compass | It is always wise to carry map and compass and know how to use them. |  |
| Stuff Sacks | Having all of your gear organized logically in to stuff sacks and zip top bags makes gear management easier. |  |
| GPS | GPS is not needed but feel free to bring for personal use. |  |
| Cell Phones | There are few if any cell phone signals on the trail. Unless it doubles as your camera or GPS, you are encouraged not to use it in the presence of others. |  |
| Entertainment Items | Reading material, playing cards, or other similar items may be enjoyable in camp. |  |
| Other | Always consider your individual needs and preferences. |  |
| **WINTER ADDITIONS** |  |  |
| Hiking Partners | OK, a human isn’t gear, but this is an important reminder: DEC and ADK recommend a minimum travel party of four during winter conditions. |  |
| Snowshoes | For our terrain, acceptable snowshoes provide the following:   * adequate flotation from appropriately sized decking * good traction from a metal cleat under the binding, and along the frame and deck * comfort from a secure and easy to adjust binding * durability from a strong aluminum, plastic or wood frame |  |
| Sleeping Bag | 0 degree bag or better is recommended in winter |  |
| Sleeping Pad | A second pad may be helpful, and closed cell foam pads provide greater warmth. |  |
| Insulated Boots | Among hiking equipment, boots rank first in importance.  Double-boots are preferred. Single-boots are acceptable provided they have adequate insulation. |  |
| Winter Socks | Heavyweight wool socks perform best. While hiking with a pack,  wool socks can be worn with a lightweight polypropylene liner sock to prevent blisters. |  |
| Insulated Jacket | Always think of layering in winter. An insulated winter jacket should be large enough to fit over all layers. Because down loses its insulating properties when wet, synthetic insulation is preferred. |  |
| Insulated Pants | Insulated winter pants can be wool, fleece or other synthetic  material. Because down loses its insulating properties when wet, synthetic insulation is preferred. |  |
| Base Layers | A synthetic (ex. polypropylene) or merino wool long-underwear  Top and bottom works best. We recommend you bring two in case one gets wet. |  |
| Hat and Balaclava | In addition to a winter hat use a balaclava to protect skin from cold, wind and blowing snow/ice. Neck gaiters can also function as ear bands and facemasks. Some prefer a second winter hat to keep dry and sleep in. |  |
| Glove Liners | A lightweight polypro glove offers added insulation, or can be  worn alone in milder conditions. Two pairs are recommended. |  |
| Winter Gloves or Mittens | Warm, insulated mittens or gloves. Mittens are warmer than  gloves. In total, two pairs are recommended. |  |
| Over Mitts | Over mitts act as a windproof, water resistant shell. |  |
| Sun glasses/ski goggles | To protect the eyes, face and skin from the sun, cold, wind and  blowing snow/ice, especially on open summits. Glasses offering 100% UV protection are recommended. A hard case is suggested, as with prescription glasses. |  |
| Water Storage | Water bladders may freeze in winter so carrying several plastic, wide mouth bottles is recommended. Insulating sleeves can be purchased or made at home. |  |
| Emergency space blanket | Lightweight space blankets provide shelter in an emergency and  are highly recommended. |  |
| Hand/Foot Warmer Packs | Small, lightweight packets are very useful for warming  cold hands and feet in the field. |  |
| Instep Crampons | These can aid in ascending icy or snow-encrusted terrain.  Generally, the factory-installed cleats on snowshoes are adequate for the NPT. |  |

\*\*Note: Everyone views gear differently. This list is not meant to infringe on your personal preferences; it is simply ONE version of a gear list that would be practical for this trail!