

execute a self rescue, but it will also keep you warm in cooler weather and provide some warmth in cold water. Dress appropriately for protection from sun, heat, rain and cold. Short vests can provide the best fit for kayaking because they won't interfere with a spray skirt or seating. Some additional items you may want to consider, assuming you already have a kayak or canoe, are the following:

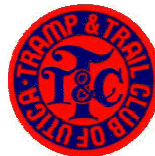
- **Whistle** – Mandatory in New York State.
- **Sunscreen**
- **Water Bottle**
- **Carrier Cart for Canoe Kayak** – Wheels to make portages easier.
- **Tow Lines** – A length of buoyant rope with carbiners at both ends for emergency use.
- **Dry Bags** – Waterproof sack for protecting extra clothing, food, camera and equipment.
- **First Aid Kit**
- **Flotation Bags** – Provides extra flotation for your Kayak
- **Bilge Pump/Sponge**
- **Waterproof Flashlight**
- **Flares**
- **Spare Paddles**
- **Horn**
- **Insect Repellent**
- **Hat**
- **Special Footwear** – To protect your feet in shallow water – you never know where that broken bottle might be.
- **Spray Skirts** – To keep water out of a kayak.
- **Strobe Light**

## SNOWSHOEING/CROSS-COUNTRY SKIING

Once you have acquired your appropriate snowshoes or cross country skis from a reputable outdoor supplier, the following items

will help make your hike more enjoyable. Some hikes are longer than other so use good judgment in determining what additional items to bring. The first “Critical Eight” should be carried on any winter outing whether with the club or on your own outing. The additional items may insure your comfort by day and perhaps survival at night.

1. **Emergency Space Blanket**
2. **Map/Compass/GPS**
3. **Flashlight/Headlamp** (spare batteries and bulbs)
4. **Knife**
5. **Lighter/Waterproof matches**
6. **Whistle**
7. **Water/Food**
8. **First Aid Kit**
  - **Poncho/Rain Gear**
  - **Wool or Fleece Top**
  - **Hooded anorak or parka**
  - **Wool Blanket 3' x4'**
  - **Wool/polypro knit hat**
  - **Mittens or Gloves**
  - **Toilet Paper**
  - **Poles**
  - **Gaiters**
  - **Headband**
  - **Hand warmers**
  - **Sunglasses or Goggles**
  - **Sunscreen**
  - **Backpack**
  - **Extra Clothing/Socks, two plastic bags to put over dry socks and back into wet boots** (feet sometimes get wet)
  - **Piece of closed cell foam pad** (appropriate to sit on)



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## TIPS TO MAKE YOUR TRAMP AND TRAIL OUTING MORE ENJOYABLE



### HIKING, BIKING, KAYAKING/ CANOEING, SNOWSHOE, CROSS COUNTRY SKIING

Each outing is generally referred to as a hike, but a hike can include biking, canoe/kayaking, cross country skiing/snowshoeing, etc. Safety is our primary concern, but fun is our overall objective, so for the safety and enjoyment of all, hikers should not take off at the start of a hike until the leader gives the go ahead. Hikers should not venture away from the group without informing the leader. Leaders will stop periodically to regroup, take a water break, and wait at all intersections to provide directions. Co-leaders will stay at the end as sweep to assure that the last person is doing okay. **Dogs are not allowed on hikes.** Have fun but be alert!

### HIKING

Even though we hike as a group with a leader and co-leader, it's good practice to get in the habit of carrying the following essential items on all hikes whether hiking alone or in a group. As we explore mountains, valleys, lakes, streams, beaver meadows, bogs, vlys and cols, etc., weather conditions can change drastically throughout the day so as the Boy Scouts say, “Be Prepared.” A little preparation before you go can make your day much more enjoyable. It is recommended that on all hikes

you carry ID and a copy of your medical insurance - just in case of an emergency. The following are “The Big Eight” items to carry on all hikes plus additional suggested item. Winter hikes will refer to the “Critical Eight” items to carry.

1. **Map/Compass/GPS**
2. **Water** – Water treatment kit/filter
3. **Lunch/Extra food** – candy bars, energy bars, trail mix etc.
4. **Extra Clothing** – i.e. Lightweight wool hiking socks/Dry Top
5. **First Aid Kit** – Different sizes of band aids, butterfly closures, adhesive tape, appropriate pain killers, triple antibiotic cream, alcohol pads, 4 or 6” elastic bandage, tweezers, sewing needle, moleskin, triangular bandage, and a compact first aid guide.
6. **Pocket Knife**
7. **Lighter/Fire starter/Waterproof matches**
8. **Glasses/or reading glasses**
  - **Medications** – Inhalers, etc.
  - **Layered Clothing** to adjust to changing weather conditions and, to keep you warm and dry, fleece top.
  - **Insect Repellent/Bite Stick**
  - **Headlamp or Flashlight** - extra batteries/bulbs
  - **Whistle**
  - **Sun Protection** – hat, glasses and sunscreen
  - **Duct tape** – small amount for many emergencies
  - **Storage Bag / Heavy Duty Zip Lock Bag** – To keep many of the essential items organized and readily available.
  - **Rain/Wind Gear** – Rain covers for back packs help keep these items dry. Jacket and pants should be waterproof and breathable. Ponchos sometimes work well.

- **Gloves or Lightweight Liners** for cooler hiking days
- **Hiking Pants/Tops** – There is a saying on the trail “Cotton Kills,” Denim provides no warmth especially when wet.
- **Hiking Boots** – Proper fit is important and should be well broken in before serious hiking. A boot for mountain hiking should be high enough to protect the ankle. Sneakers worn on the trail can cause blisters.
- **Gaiters** – To prevent dirt, stones, water, etc., from getting into your boot.
- **Day Pack** to carry above, usually around 1000 cubic inches.
- **Emergency DEC phone number** – Store in cell phone the Adirondacks DEC emergency hotline, 518-891-0235 or check for number at trailhead sign in.
- **Toilet Paper**

## BIKING

We must obey the biking “Rules of The Road” and use extreme caution during our bike outings. “Drive” your bike like a car and obey all traffic laws, i.e. traffic signs, signals, and markings, just as a car would. **Helmets are required** and should fit snugly and low on the forehead. Light or bright colored clothing with some reflective stripes are recommended. “Single file please” and keep a safe distance from the other bikers. Signal when turning, stopping, or passing another biker and **pass on the left only**.

Each biker should carry a primary kit that contains the following on any ride that takes them farther than they would care to return on foot.

- **Water Bottle**
- **Snacks**
- **Spare Tube** – Buy the correct size and valve.

- **Patch Kit** – Should include a small tube of glue and patches of various sizes.
- **Tire Levers** – It’s nearly impossible to remove a high pressure clincher without this tool.
- **First Aid Kit**
- **Frame Pump** – The pump should fit snugly along the seat or top tube, or have a clamp on bracket. Make sure the pump head fits the valve on your tubes.
- **Allen Keys** – Carry a kit or at least one for each size bolt head on the bike. Usually 4, 5, 6, and 7mm. Check your bike to be sure
- **Small Adjustable Wrench** – A 4” wrench will fit nearly all size small nuts and bolts that might require adjustments during your ride.
- **Folding Knife, Small** – A 1 3/4” blade for cutting strapping tape or loose handlebar tape.
- **Small Screw Driver** – Either a Philips head or flat head screw driver will work fine,( small kits containing both are available), to adjust derailleur, computer mount etc.
- **Miscellaneous** – A presta –to-Schrader valve adapter, in case your pump breaks, food, money, ID card and a copy of your medical coverage.
- **Saddle Pouch** – Under seat bag to carry the above.
- **Biking Gloves**
- **Rain/Wind Gear**

## CANOEING/KAYAKING

On all canoe/kayak outings, a **PFD (personal flotation device)**, U.S.C.G. – approved type I, II or III **must be worn!** Expect to capsize and swim occasionally when paddling a canoe or kayak – it’s all part of the sport. Not only will your PFD keep you afloat and allow you to