High Peaks Backpacking:

What you need to pack:

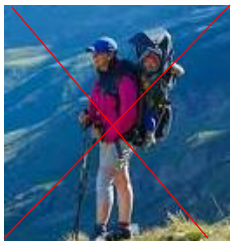
I cannot stress enough that it gets cold in the Adirondacks at night about 10 degrees colder than Saratoga. So it is better to be prepared than FREEZING!!!!

- Internal/external frame full size backpack

Yes this kind!

Fashionable NOT Practical

Please DO NOT bring a baby on SCOOP



- Sleeping bag in a stuff sac and Ground pad…….so many choices!!!!!!!!!

- Hiking boots (broken in)

YES any of these!

Not these or your feet will end up like this, nobody has time for that

- Camp bowl and spork (fork on one end spoon on other)

- Moisture-wicking T-shirts
- Quick-drying pants/shorts
- Long-sleeve shirts/flannel for night

- ○ Swimsuits
- ○ Wool hat or beanie type hat
- ○ Bandanas or buffs
- ○ Socks (synthetic or wool)
- ○ Sleepwear
- ○ Insulating jacket (fleece type)

YES The hat….on par, the jacket, NOPE!

- ○ Rainwear (jacket)

The Color is really your choice! We do not need lightning rods on the trail!

- ○ In-camp sandals (ie:flip flops)

Yup, Skidmore is bringing the Crocs back, why not? Sweet but, not so comfy for camping

- ○ Towels
- ○ 2 Water Bottles

Reusable HOORAY Landfill……BOO

- Headlamp or flashlight
- Extra batteries
- Medications should be in a plastic bag and labeled with your full name

- **Optional but very welcome!**
- A musical instrument, book or game (cards).

What we provide:

Tents
Meals including dietary restrictions
Licensed guides
Biodegradable Sunscreen
Biodegradable soap
Biodegradable toothpaste
First Aid kit
Bug Spray

DO NOT BRING ANYTHING THAT PLUGS IN, OR ANYTHING EDIBLE OR SMELLY, bears like smelly!!

For any outdoor experience, it is a good idea to AVOID 100% cotton clothing. They lose all of their insulating ability when they get wet. Polyester/cotton blends are better, and wool or synthetic clothing is best. Please remember that it does get cold at night.

If you need equipment they rent everything for a reasonable price at our local Eastern Mountain Sports store 518-580-1505 and I have extra loaner gear as well. We provide all the tents, food, guides and transportation.

You will not be able to get on the bus if you do not have all of your paperwork returned to us!