

AUTUMN IN THE ADIRONDACKS

Adventures in Good Company's suggested packing list

FOOTWEAR

- 1 pair of lightweight or mid-weight hiking boots: they should be well broken in and comfortable.
- 1 pair of comfortable walking shoes, such as athletic shoes or Teva sandals, for non-hiking time
- 2-3 pairs of socks (2 should be wool/synthetic)

CLOTHING

- 2 pairs of comfortable long pants
- 1 pair of shorts
- 1 - 2 lightweight long-sleeved shirts to protect you from the sun (turtlenecks are fine)
- 1 - 2 T-shirts and/or short-sleeved shirts (one cotton and the 2nd could be a cotton/lycra blend or a synthetic such as a polyester which is quick-drying)
- 1 pair lightweight long underwear top and bottoms: silk or synthetic equivalent (Capilene, Thermastat, MTS, Polartec, or polypropylene),
- 1 warm jacket, fleece jacket, wool sweater, or sweatshirt
- 1 rain jacket, preferably made with a waterproof, breathable material
- 1 lightweight, windproof jacket—your rain jacket may work for this
- Underwear/nightwear
- 1 wide-brimmed hat for sun and high fashion (very important)
- 1 pair lightweight gloves and a lightweight wool or fleece hat or headband
- 1 or 2 casual skirts/dresses (optional—some women prefer a skirt for exploring villages or going out to dinner)

TOILETRIES (small everything)

- Toothbrush, toothpaste, dental floss, shampoo, contact lens paraphernalia (bring extras), sanitary supplies, soap, shampoo
- Sunscreen and lip protection with sunblock of at least SPF 15
- personal “patch kit”: Band-Aids, stuff for blisters such as Second Skin, Compeed, moleskin or molefoam; ibuprofen, personal medications, if any. If you’re taking a prescription drug, bring a copy of the prescription. Individuals allergic to insect bites must bring an anaphylactic kit. Please consult your pharmacist.

ESSENTIALS

- Sunglasses (100% UV protection)
- capacity to carry 1-2 quarts of water: one-quart Nalgene bottles, water in plastic bottles that you buy in a grocery store, or a hydration system that fits in your pack
- 1 daypack lined with a plastic bag, large enough to hold your supplies for the day (water, snacks, raingear). We recommend a daypack with a padded hipbelt and shoulder straps
- Camera (extra battery) and film (not really essential but the Adirondacks are gorgeous)

OPTIONAL

- Book, notebook, journal, pencil/pen
- compact binoculars
- wrist watch with an alarm or travel clock
- 1 or 2 bandannas
- trekking poles (very highly recommended if you want to hike a lot)
- Ear plugs (for a good night’s sleep!)

Enjoy your trip to the Adirondacks!!!