



2019 EMPOWER TREK – GEAR LIST

Backpack	Hiking day pack, preferably with waist and chest buckle and insulation for bladder	Required
Mirror	Small compact, reflective in case of an emergency	Required
Compass	This must be a real compass – not an app on your phone. All trekkers must know how to use it.	Required
Gaffa Tape	In case of emergency to repair clothing or equipment	Required
First Aid Kit	Small, compact option for emergencies	Required
Emergency Blanket	Emergency foil thermal blanket	Required
Water Filter	An emergency straw is a lightweight option; need to have a way to filter water in case of an emergency	Required
Bladder Pack (i.e. Camelbak)	Must hold at least 2L of water	Required
Whistle	Emergency whistle	Required
Toilet Paper	Coreless toilet paper recommended; pack in a ziplock bag to protect against water	Required
Clothing	Layering is extremely important when hiking in the mountains. You can follow the below layering technique for both top and bottom: <ul style="list-style-type: none"> • Base Layer – Should be ‘wicking’ material (it helps move moisture away from your body). Cotton is your worst enemy here! Choose synthetic fabrics, silk, merino wool • Mid-Layer – This layer is intended to keep you warm. Choose a heavy fleece. • Outer Layer – This layer is intended to protect from wind. Choose a windbreaker with a hood. 	Required
Undergarments	Choose underwear and a bra that will wick moisture away from your skin. Under Armor makes synthetic undergarments for this purpose.	Required
Socks	You will want to invest in hiking socks to minimize blisters: <ul style="list-style-type: none"> • Injinji Toe Socks wick sweat to keep feet dry and blister free • Merino Wool hiking socks can be layered on top of the injinji socks to keep your feet at the optimal level of warmth 	Required
Boots	Merrell, Columbia are recommended brands. You will want to buy at least a ½ size bigger as you need space for your thicker socks and your feet will expand as you hike.	Required



Hat	Bring two warm hats – one to wear while hiking and a dry one in your pack. Pending weather, you may opt for a baseball cap.	Required
Gloves	Bring two pairs – one to wear while hiking and a dry pair in your pack.	Required
Trail Map	Everyone must have their own waterproof map of the trail, which can be purchased on Amazon or through the Adirondack Mountain Club	Required
Headlamp + Extra Batteries	Bring a headlamp and extra batteries in case of an emergency	Required
Cell Phone w/ plastic cover	Recommend to bring turned off or in airplane mode, turn on periodically to check service and leave cell ‘bread crumbs’	Required
Lunch	Choose high calorie portable meal. Recommend two PB&J with fruit. Bagged lunch will be provided.	Required
Snacks	Choose high calorie portable snacks. Recommend banana roll up with peanut butter, granola bars, protein bars, quick sugar, trail mix, trailwinds, energy bites	Required
Sunglasses	Protect your eyes from wind and sun	Required
Buff	Use as scarf, protect your face from wind, use as a tissue, headband...so many uses...never underestimate the power of the buff!	Required
Micro-Spikes	Pending weather, these may be required for higher elevations of our hike. Micro-Spikes are small spikes worn on your shoes to help with traction on ice and snow. While you may be able to rent these from the LOJ for a small rental fee, please note that if the LOJ is not open, you will be stuck without.	Weather Pending
Rain Cover	Rain cover for your backpack to keep everything dry (you can either purchase one or use a garbage bag!) – Check Weather	Weather Pending
Tampons w/ plastic bag	Based on personal need. Must be packed out.	Optional
Hiking Poles	You can hike with one or two, hiking poles reduce stress on hands and joints during long hikes	Optional
Water Bottle	Bring a bottle full of water in addition to your bladder pack	Optional
Gatorade	Bring extra electrolytes for the hike	Optional
Sanitation	Wet ones, hand sanitizer, baby wipes	Optional
Trail Guide Book	Bring trail guide book with description of trail; Adirondack Mountain Club: High Peaks Trails 14 th Edition by Tony Goodwin and David Thomas-Train	Optional
Fanny Pack	This is a personal preference	Optional
Portable cell charger	This is a nice-to-have and can be purchased on Amazon	Optional

Questions? Contact us at info@empcamp.com