

Adirondack Gear List 2023

Please follow this list carefully. Spring in the Adirondacks can be wet, rainy and even snowy. If you need help acquiring anything feel free to contact me at © 592-5314. Cornell Outdoor Education has an extensive rental department and is reasonably priced. <https://coe.cornell.edu/outfitting>
 Avoid cotton! Wool and synthetics are preferred for all clothing.

Required Item:			
A day pack – Make sure it is big enough to hold all the gear that you will bring with you each day. Needs to be waterproofed – Pack cover or plastic liner....			
A water-proof shell (top and bottom)			
A winter hat			
Warm Sleeping Bag			
A ground pad (Ensolite, Thermarest or other)			
A backpack or small duffle bag to hold all your stuff -			
Boots (suitable for everything from wet – snowy conditions)			
Warm socks – 2-3 pairs (wool or synthetic)			
Thermal base layer (long undertop and bottom)			
Synthetic Pants			
A bag of toiletries and personal items			
Fleece or Wool sweater			
Waterproof Pants			
A bag for eating ware:			
A bowl for hot food			
A cup for hot liquid			
Eating utensil/s			
\$20 to have for the road – (We will eat lunch on the way home at a diner.)			
2 one qt. water bottles, full of water			
A flashlight or headlamp (and extra batteries)			
Slippers or Crocs			
Yak Tracks			
Headlight			
Gaiters if you have them. Gaiters are a sleeve that goes over your boot and protects and prevents snow from getting into your boot.			

The following items are optional.

A camping knife			
Games for the cabin (i.e. cards...)			
Trekking Poles			
Compass			

**Do not bring your own food (other than 1st
day lunch)**

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