Hike Smart NY

1. **Navigation**
   map, compass, GPS system

2. **Insulation**
   waterproof/windproof jacket, hat, gloves, thermals, wool socks (pack extra)

3. **Light**
   headlamp, flashlight, lantern, extra batteries

4. **First-Aid Supplies**
   pre-made kit or customized

5. **Emergency Kit**
   whistle, signal mirror, duct tape, pocket knife/multi-tool

6. **Fire**
   matches in waterproof container, lighter, fire starters

7. **Food**
   high-protein and high-calorie items

8. **Water**
   plenty of water, water filtration system

9. **Sun & Insect Protection**
   sunglasses, sunscreen, hat, bug repellent

10. **Emergency Shelter**
    tent, space blanket, tarp

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Carry these essentials on all hikes for a safe and enjoyable experience.