

HikeSafe.com's Top Ten Essentials For any hike, any season

1. Map
2. Compass
3. Warm Clothing
 - Sweater or Pile Jacket
 - Long Pants (wool or synthetic)
 - Hat (wool)
4. Extra Food and Water
5. Flashlight or Headlamp
6. Matches/Firestarters
7. First Aid Kit/Repair Kit
8. Whistle
9. Rain/Wind Jacket & Pants
10. Pocket Knife

In winter, the rules change and the contents of your pack should reflect the seriousness of the venture. As with the above list, the items below are the minimum recommended.

- Overboots or super gaiters
- Mittens with windproof/waterproof overmittens
- Liner gloves
- Balaclava or face mask
- Goggles
- Chemical handwarmers or footwarmers
- Ensolite, or sleeping pad or camp chair
- Stove w/fuel
- Snow shovel
- Water bottle insulators
- Bivouac sack
- Warm insulated parka
- Insulated or fleece pants
- Wool or fleece sweater
- Extra headlamp batteries
- 50 - 100 feet of 4 millimeter cord
- Crampons
- Ice axe (or ski poles if not going above treeline)
- Snowshoes (for deep snow)
- and, of course, plenty of warm non-cotton clothing

And remember, neither quantity or quality of equipment can substitute for sound judgment, experience, and common sense.

Be sure to check out New Hampshire Fish and Game Department's HikeSafe.com web site to get more tips for safe hiking.