

THINGS TO REMEMBER...

- ❑ You'll need to get solid driving directions for trailheads and embarkation points. The official AMC *Maine Mountain Guide* is a great place to gather this information. The DeLorme *Maine Atlas and Gazetteer* is an essential tool for exploring Maine.

- ❑ Check the weather, wind, and seas before you start off on any outdoor activity.

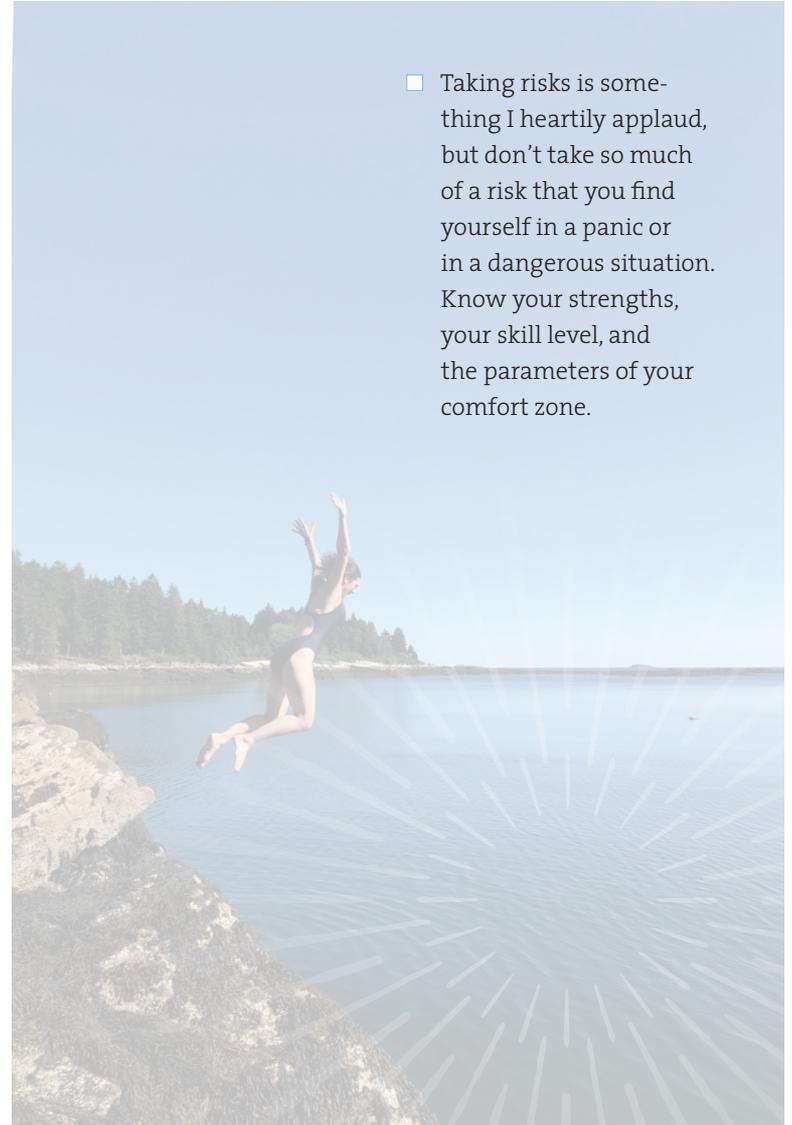
- ❑ Make sure that you are being safe by packing the right gear and plenty of water (see our checklists on page 8).

- ❑ If adventuring solo, tell someone where you are headed and when you plan to return.

- ❑ For water-based adventures, have a good personal flotation device (PFD) that fits well and is appropriate for your water activity. I have PFDs for my two dogs even though *water dog* is in their breed name (maybe especially because of that).

- ❑ Whatever you pack in, pack it out. Our landscape is a serene and wild haven, and we all want it to remain that way. The Ladies Adventure Club subscribes to the principles of Leave No Trace.

- ❑ Taking risks is something I heartily applaud, but don't take so much of a risk that you find yourself in a panic or in a dangerous situation. Know your strengths, your skill level, and the parameters of your comfort zone.



WHAT TO PACK FOR THE TRAIL

Core Packing List for Hiking in Any Season

- ❑ At least 64 oz of water (two standard bottles)
- ❑ Snacks and lunch, with a bag for any garbage
- ❑ Hiking poles if you use them
- ❑ Headlamp with fresh batteries
- ❑ Sunglasses and sunblock
- ❑ Map and compass
- ❑ Knife/multipurpose tool
- ❑ Extra pair of wool/synthetic socks
- ❑ First-aid kit
 - Aspirin
 - Acetaminophen
 - Ibuprofen
 - Antihistamine
 - Pepto-Bismol
 - Moleskin for blisters
 - Athletic tape
 - Adhesive bandages of varying sizes
 - Band-Aids
 - Sterile gauze (small roll)
 - Hydrocortisone cream for insect bites and poisonous plants
 - Antiseptic ointment, to be used only after cleaning a wound
 - Whistle
 - Ice pack (instant)
 - Ace bandage
 - Tweezers
 - Alcohol-based sanitizing gel
 - Electrolyte replacement powder (homemade or store-bought)
 - Any prescription medications in a labeled bag
 - Space Blanket

Warm Season Add-ons

- ❑ A pack that fits you well and can hold all of your gear
- ❑ Boots/hiking shoes/trail runners/sturdy sneakers
- ❑ Rain jacket and pants
- ❑ Non-cotton long sleeve shirt or fleece (it can be cold at higher altitudes)
- ❑ Hat with brim
- ❑ Bug repellent

Cold Season Add-ons

- ❑ A pack that fits you well and is large enough to hold all of your outer clothing layers, food, and water
- ❑ Insulated hiking boots
- ❑ Hooded breathable waterproof shell (rain jacket and pants) large enough to fit over your layers
- ❑ Plenty of non-cotton insulating layers
- ❑ Down or synthetic “puffy” or fleece jacket
- ❑ Wool hat and warm mittens
- ❑ Buff/neck warmer
- ❑ Some kind of insulation for water containers (a wool sock works for bottles)
- ❑ Snowshoes or micro spikes
- ❑ Chemical hand and foot warmers