

TENT & TRAILS

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IN THE HEART OF DOWNTOWN NEW YORK
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LEAVE NOTHING BUT FOOTPRINTS - TAKE NOTHING BUT PHOTOS

PLAN AHEAD AND PREPARE

- KNOW THE REGULATIONS FOR THE AREA YOU'LL VISIT
- PREPARE FOR EXTREME WEATHER, HAZARDS AND EMERGENCIES
- VISIT IN SMALL GROUPS
- USE A MAP AND COMPASS TO ELIMINATE USE OF FLAGGING OR MARKING PAINT

TRAVEL AND CAMP ON DURABLE SURFACES

- DURABLE SURFACES INCLUDE ESTABLISHED TRAILS AND CAMPSITES, ROCK, GRAVEL, DRY GRASSES OR SNOW
- GOOD CAMPSITES ARE FOUND, NOT MADE. ALTERING A SITE IS NOT NECESSARY
- KEEP CAMPSITES SMALL. FOCUS ACTIVITY IN AREAS WHERE VEGETATION IS ABSENT

DISPOSE OF WASTE PROPERLY

- PACK IT IN, PACK IT OUT
- TO WASH YOURSELF OR YOUR DISHES, CARRY WATER 200 FT AWAY FROM STREAMS OR LAKES AND USE SMALL AMOUNTS OF BIODEGRADABLE SOAP, SCATTER STRAINED DISHWATER

LEAVE WHAT YOU FIND

- PRESERVE THE PAST, OBSERVE BUT DO NOT TOUCH, CULTURAL OR HISTORIC STRUCTURES AND ARTIFACTS
- LEAVE ROCKS, PLANTS AND OTHER NATURAL OBJECTS AS YOU FIND THEM
- AVOID INTRODUCING OR TRANSPORTING NON-NATIVE SPECIES
- DO NOT BUILD STRUCTURES, FURNITURE OR DIG TRENCHES

MINIMIZE CAMPFIRE IMPACTS

- CAMPFIRES CAN CAUSE LASTING IMPACTS TO THE BACKCOUNTRY- USE A LIGHTWEIGHT STOVE WHERE FIRES ARE PERMITTED, USE ESTABLISHED FIRE RINGS, OR FIRE PANS
- KEEP FIRES SMALL. ONLY USE STICKS FROM THE GROUND THAT CAN BE BROKEN BY HAND

RESPECT WILDLIFE

BE CONSIDERATE OF OTHER VISITORS

TENTS

THE FIRST CONSIDERATION FOR A BACKPACKER SHOULD BE SHELTER. WHETHER YOUR IDEA OF AN EXPEDITION IS CLIMBING DENALI, OR A WEEKEND IN THE CATSKILLS. YOUR TENT IS YOUR PROTECTION FROM WIND, RAIN, SNOW, HOT SUN AND PESKY INSECTS.

TENT & TRAILS CAN OUTFIT YOU FOR ANYTHING. OUR TENTS FROM NORTH FACE, SIERRA DESIGNS, MSR, BIBLER, MOUNTAIN HARDWEAR, KELTY AND EUREKA CAN TAKE YOU ANYWHERE YOU WANT.

SLEEPING BAGS

CHOOSING A SLEEPING BAG FOR A BACKPACKING TRIP IS VERY SUBJECTIVE. THERE ARE SEVERAL FACTORS TO TAKE INTO CONSIDERATION, TEMPERATURE RATING, SHAPE, SIZE AND OF COURSE INSULATION.

DOWN SLEEPING BAGS ARE LIGHTWEIGHT, VERY COMPRESSIBLE, AND HIGHLY DURABLE. MOST QUALITY DOWN SLEEPING BAGS USE GOOSE DOWN AS INSULATION.

SYNTHETIC INSULATION RETAINS THEIR WARMTH EVEN IN FOUL WEATHER. THEY ARE USUALLY LESS EXPENSIVE THAN DOWN AND ARE NON-ALLERGIC. SLEEPING BAGS MADE OF SYNTHETICS ARE EASIER TO MAINTAIN.

OUR STAFF IS GLAD TO ASSIST YOU IN SELECTING A SLEEPING BAG FROM WIDE SELECTION OF OVER 100 BAGS

NYC #1 OUTDOOR STORE



TENT & TRAILS BASIC HIKER'S CHECK LIST



	<u>Have</u>	<u>Need</u>		<u>Have</u>	<u>Need</u>
<u>Personal Necessaries</u>					
Toiletry kit	_____	_____	Stuff sacks	_____	_____
Unbreakable mirror	_____	_____	Sleeping mat.....	_____	_____
Soap dish	_____	_____	Dunk bag	_____	_____
Biodegradable soap	_____	_____	Tent w/fly	_____	_____
Toothbrush	_____	_____	Tarp or ground sheet	_____	_____
Toothbrush cover	_____	_____	Tent repair kit (optional)	_____	_____
Toothpaste	_____	_____	Trekking Poles	_____	_____
Insect repellent w/DEET	_____	_____	Binoculars (optional)	_____	_____
Sunscreen lotion (at least SPF15)	_____	_____	Camera (optional)	_____	_____
Sunglasses w/UV protection	_____	_____	Multi tool or folding knife	_____	_____
Glasses retainer	_____	_____	Folding saw	_____	_____
First aid kit	_____	_____	Ziplock bags	_____	_____
Elastic bandage	_____	_____	<u>Food</u>		
Toilet Paper	_____	_____	Freeze dried food	_____	_____
Trowel	_____	_____	Energy bars	_____	_____
Quick drying towel	_____	_____	Trail mix	_____	_____
Moleskin	_____	_____	Energy gel	_____	_____
Snake bite kit (optional)	_____	_____	Tea or coffee	_____	_____
<u>Equipment</u>			Powdered energy drinks ...	_____	_____
Flashlight or headlamp	_____	_____	<u>Clothing</u>		
Batteries	_____	_____	Wide brimmed hat w/ hat retainer	_____	_____
Nylon rope	_____	_____	Wool socks	_____	_____
Whistle	_____	_____	Sock liners	_____	_____
Map or guide book	_____	_____	Long underwear (for cold climates)	_____	_____
Compass	_____	_____	T-shirts	_____	_____
GPS (optional)	_____	_____	Short sleeve tops	_____	_____
Altimeter (optional)	_____	_____	Long sleeve tops	_____	_____
Backpack	_____	_____	Windproof fleece jacket	_____	_____
Waterproof backpack cover	_____	_____	Waterproof/breathable jacket ..	_____	_____
Backpack repair kit (optional)	_____	_____	Quick drying shorts	_____	_____
Lashing straps	_____	_____	Trail pants w/zip off legs	_____	_____
Canteen or water bottle (1 or 2 qt) .	_____	_____	Bandanas	_____	_____
Water purification tablets or filter	_____	_____	<u>Footwear</u>		
Stove w/fuel bottle	_____	_____	Hiking boots	_____	_____
Waterproof matches or lighter ...	_____	_____	Sandals	_____	_____
Fire starter	_____	_____	Water shoes (optional)	_____	_____
Mess kit or bowls	_____	_____	<u>Fun Stuff</u>		
Chow set or chopsticks	_____	_____	Personal journal w/pen	_____	_____
Nested cook set w/lid	_____	_____	Reading material	_____	_____
Pot gripper	_____	_____	Hacky sac	_____	_____
Pot gripper	_____	_____	Miniature playing cards	_____	_____
Collapsible cup	_____	_____	Frisbee	_____	_____
Sleeping bag	_____	_____	<i>We outfit you for the Catskills to Katmandu</i>		
Sleeping bag liner	_____	_____			