

## Baxter State Park's Recommended Packing Checklist

### The Ten Packing Essentials

- ✓ **Map:** Carry a topographical map, know your route and plan alternatives for bad weather.
- ✓ **Compass:** Combined with a map, a compass is an important tool to carry in the Park—just in case you become lost or disoriented on the trail. Cautious hikers should always bring a compass and know how to use it!
- ✓ **Extra Food and Water:** Always carry water—at least two quarts per person when climbing any mountain. Trailside springs are unreliable, including those marked on maps of Katahdin. The only water available inside the Park is from open, unprotected sources and should always be filtered or treated for your safety. High energy food, such as candy, nuts, dried fruit and granola bars provides extra calories and will keep your body energized throughout the day.
- ✓ **Flashlight or Headlamp:** Plan hikes with the intention of finishing in the daylight and set a turnaround time. All hikers must carry a working flashlight as a precaution; please see BSP Rule 2.2. Lighting from your phone will not last long enough to qualify as a flashlight.
- ✓ **First Aid Kit:** Pack first aid supplies for your hike, including moleskin, bandaids, disinfecting ointment, ace bandages, ibuprofen/acetaminophen, an emergency blanket and other supplies that you think are important. If buying a pre-assembled kit, look through it before hiking to know what you have and how to use it! Blisters are one of the most common problems and can get infected quickly.
- ✓ **Extra Clothing:** Pack synthetic clothing that wicks moisture, dries quickly and will keep you warm, such as fleece or wool. Always remember to include your wind and rain gear too.
- ✓ **Sun Protection:** Pack sunglasses and sunscreen to protect yourself from the sun's harmful ultraviolet rays.
- ✓ **Matches or Firestarter:** Store matches in a waterproof container and carry a firestarter in case of emergency.
- ✓ **Whistle:** A signal whistle should be carried in case of emergency. A whistle will be louder and last longer than your vocal chords.
- ✓ **Pocket Knife:** Carrying a pocket knife is always useful and serves many purposes, but is also an essential tool to have in case of emergency.

### Other Considerations:

- ✓ **Sturdy Footwear:** Trails are rocky and footing can be difficult. For your safety, please ensure that your footwear is adequate.
- ✓ **Cell Phone:** Although cell phones are a valuable wilderness tool for emergency communication, please remember to keep it turned off and stowed in your pack.
- ✓ **Litter Bag:** Litter bags are provided at each ranger station for your convenience. Please remember to Leave No Trace and pack out all waste.
- ✓ **Extra Batteries:** For your headlamp or flashlight.
- ✓ **Signaling Device:** A small mirror can be used to signal rescuers in case of emergency.
- ✓ **Bug Repellent**
- ✓ **GPS Unit**
- ✓ **Parachute chord**



**These packing suggestions will help you to have a safe and enjoyable hike. Always remember that the most important item to bring with you into Baxter State Park is your own *common sense*! The packing essentials will be of little value to you without the proper knowledge and understanding of each item.**