



## Hiking Essentials

If you have never hiked with the Park System before, you should start with the slower, easier hikes. Keep in mind that hiking, like all outdoor activities, involves a certain element of risk. Our goal is for participants to enjoy themselves as they safely complete their activities. Ratings are a general guide only. It is your responsibility to be prepared for seasonal conditions. (cold, heat, rain, wind, etc.)

**Shoes:** You should wear a good pair of sturdy shoes with knobby treads and good ankle support. Sneakers are not recommended, except for easier, flatter terrain hikes.

**Hydrate:** Make sure to bring 1-2 liters of water in a leak-proof, non-glass container. Experts recommend sipping a few ounces of water every 15 minutes or so while you're out on a trail.

**Snacks:** A combination of carbohydrates and protein is best; so, pack energy bars or trail mix.

**Clothing:** Don't burden yourself with lots of extras; however, you do want to be prepared. Bring a small backpack; dress in layers; always bring a lightweight rain jacket; in the cooler weather wear gloves and a hat.

Call the Outdoor Adventures (732-842-4000 ext 4238) if you are uncertain about whether the hike is right for you. The leaders may modify or cancel a hike due to weather, trail conditions or any other condition that may compromise the safety of the group.

