Plan on 5 hours up the trail, and 4 hours down. Start early to ensure a safe return before dark. When coming down, keep Fourmile Lake in view. Follow the same route back down the ridge that you took on your way up. If you lose the trail, travel back east to northeast. Make sure someone knows your trip plans, including your estimated return time home.

Know Before You Go: Safety Tips
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Wilderness Ethic: Leaving No Trace
In wilderness, people are visitors, not permanent residents. But when someone leaves evidence of their journey, the next person loses a sense of solitude and discovery.

Follow the 7 Principles of Leave No Trace by:
- Packing out all trash.
- Using a lightweight stove instead of a fire.
- Staying on designated trails and camping in existing sites.
- Keeping groups small (12 people or fewer on Mt. McLoughlin).
- Camping 100 feet away from trails, lakes and rivers.
- Avoiding contaminating water sources with food, soap, garbage, human waste etc.
- Properly dispose of human waste: Use a garden trowel to dig a 6-8 inch deep hole at least 200 feet from water.
- Making sure horses and stock do not damage campsites or meadows, and are tethered 200 feet away from lakes and ponds.
- Taking only pictures, and posting responsibly on social media.

Learn more on responsible recreation practices: int.org