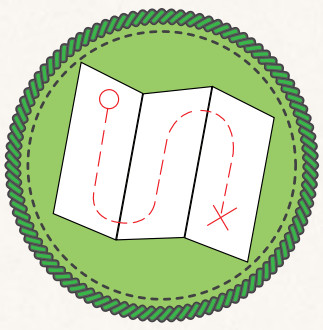
OUTDOOR TIPS

KNOW BEFORE YOU GO

Before you head out, check camping availability and fire restriction at:
www.fs.usda.gov/r3
or call your local Forest Service office.

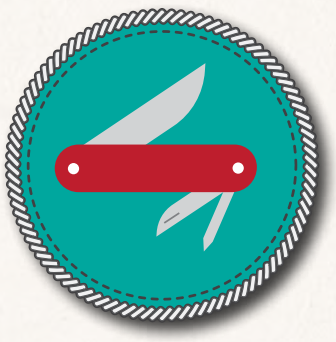


MAP

Bring a map of the area you are visiting in case mobile service is not available. Find out where to download or buy maps at
www.fs.fed.us/visit/maps

PREVENT WILDFIRES

Bring alternative cooking and heating sources when there are fire restrictions. Know how to properly build and extinguish campfires.



POCKET KNIFE

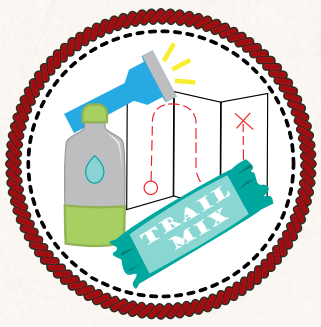
A pocket knife or multi-tool can help with food preparation, gear repair, first aid and other emergency needs.

PROPER GEAR

Be prepared with a tent, sleeping bag, sturdy shoes, appropriate outerwear, extra clothes and a first aid kit.

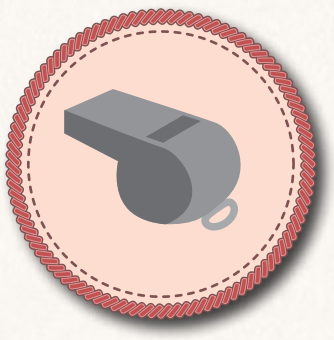
COOKING SUPPLIES

Ensure you have matches or a lighter for a stove or campfire. Bring pots, eating utensils, and trash bags.



HAVE A PLAN

Don't forget to check road conditions and fill your gas tank. Let someone know where you are going and when you plan to return.



WHISTLE

You can whistle for much longer than you can yell for help. If you become lost, stay put and signal by blowing three blasts (a well-known emergency signal.)

WATER

Stay hydrated!. Bring at least one gallon of water per person per day. Fresh water may not be available in remote areas.

SUN PROTECTION

Protect yourself from sun exposure by wearing sunscreen, a hat and sunglasses.

FLASHLIGHT

Bring a flashlight or headlamp. Don't forget to bring extra batteries!

FOOD

Bring nutritious foods that help provide energy. Store food and sweet-smelling items in bear-resistant containers away from your campsite.

For more information, visit: www.fs.fed.us/visit/know-before-you-go

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