



United States
Department of
Agriculture

WINTER RECREATION *Essentials*

BEFORE YOU GO



Always check weather and snow conditions prior to your trip. Plan accordingly.

Check road conditions and be prepared for winter driving.



Research the area and route you'll use. Some roads are not maintained in the winter. Bring a paper map and don't rely solely on GPS.

Tell someone where you're going and when you'll return. Check in when you get back.



Pack water, high-energy meals, and snacks. Pack more than you think you'll need.

Dress in layers of warm, waterproof clothing. Bring extra layers.



ONCE YOU'RE THERE



Maintain situational awareness, follow your map, and know where you are at all times.

Stay on safe routes and avoid steep or dangerous terrain.



Be respectful of others and share the "trail."

When snowshoeing or hiking, avoid walking in ski tracks.

Leave no trace. Pack out all trash, leftover food, and waste.



Be sure to hydrate and eat frequently throughout the day.

Pay attention to weather conditions and be prepared to leave quickly if conditions change or worsen.

READY, SET, SNOW! TURN THE PAGE FOR MORE WINTER RECREATION TIPS AND VISIT [HTTPS://GO.USA.GOV/XD89G](https://go.usa.gov/XD89G)



Forest Service

Pacific Northwest Region

fs.usda.gov/r6/

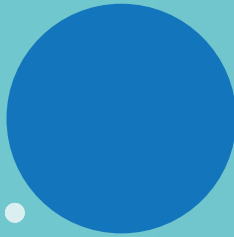
WINTER DRIVING ESSENTIALS



cell phone
charger



flashlight
and flares



full tank
of gas



extra water
& food



extra clothes, boots,
gloves, hat
blankets or sleeping
bag



first aid
kit



snow tires
or chains &
jumper
cables



ice scraper/
snow brush
& shovel

LAYERING BASICS

1

Base Layer

wicks sweat off your skin:
thermal underwear top and
bottom, avoid cotton clothing

2

Middle Layer

retains body heat to protect you
from the cold: fleece, sweater,
hoodie, down jacket

3

Outer Layer

shields you from wind
and rain: waterproof,
breathable shell



4

Protect Your Extremities

cover your head and hands: wear a
hat that covers your ears, and
waterproof gloves or mittens

5

Suitable Footwear

wear warm socks (wool or
synthetic) and waterproof boots
with good tread to prevent falls

6

Accessorize

wear sunglasses and
apply sunscreen to
exposed skin