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.USDA.GOV/XD89G
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
- ice scraper/snow brush & shovel
- snow tires or chains & jumper cables

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