

# 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)

# 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



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

