Hiking and Primitive Camping

1. Be sure that you have a good lightweight rain outfit, a lightweight tent, small first-aid kit, a warm sleeping bag in winter months, a reliable way to start a fire, an accurate map and compass, and sufficient food and water to last your entire trip.

2. Register at trailheads and let someone know where you are going and when you plan to return. It's a good idea to leave your name, address and vehicle information at the nearest Forest Service office. Obtain the latest weather information before setting out.

3. Please carry out what you take in. Buried trash may be dug up and scattered by animals in the forest. Bury your body waste in a shallow hole, 4-6 inches deep in a location no closer than 100 feet to the nearest water.

4. Don't underestimate the ruggedness of the terrain and the physical exertion it will require. Be aware of the symptoms of heat exhaustion and hypothermia.

5. Bring with you a means to purify water if you intend to use “natural” water for cooking or drinking. During dry periods, you may need to carry water with you. Higher elevations do not have frequent water supply sources during dry weather.

6. Take bug repellent for ticks and insects.

Safety First

- Stay on the trail.
- Share your travel plans. Make a trail plan and stick to it. Let someone know where you are going and when you expect to return.
- Travel with a partner.
- Be prepared. Carry navigational aides, water and emergency supplies.
- Stay informed of current and expected weather conditions. Water can rise quickly at streams during heavy rains.
- Do not depend on cell phones. Reception and transmission signals are intermittent within the forest.

Have Fun, but go prepared!

- Be sure that you have a good lightweight rain outfit, a lightweight tent, small first-aid kit, a warm sleeping bag in winter months, a reliable way to start a fire, an accurate map and compass, and sufficient food and water to last your entire trip.

- Register at trailheads and let someone know where you are going and when you plan to return. It’s a good idea to leave your name, address and vehicle information at the nearest Forest Service office. Obtain the latest weather information before setting out.

- Please carry out what you take in. Buried trash may be dug up and scattered by animals in the forest. Bury your body waste in a shallow hole, 4-6 inches deep in a location no closer than 100 feet to the nearest water.

- Don’t underestimate the ruggedness of the terrain and the physical exertion it will require. Be aware of the symptoms of heat exhaustion and hypothermia.

- Bring with you a means to purify water if you intend to use “natural” water for cooking or drinking. During dry periods, you may need to carry water with you. Higher elevations do not have frequent water supply sources during dry weather.

- Take bug repellent for ticks and insects.
Caution: There are no handguards along the Rim Trail.