

## Recreation Checklist

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|---|---|---|
| <input checked="" type="checkbox"/>  <b>Know Before You Go!</b>    | <input checked="" type="checkbox"/>  <b>Bring Sun Protection</b> | <input checked="" type="checkbox"/>  <b>Bring a Compass</b>        |
| <input checked="" type="checkbox"/>  <b>Have a Solid Plan</b>      | <input checked="" type="checkbox"/>  <b>Enough Water</b>         | <input checked="" type="checkbox"/>  <b>Bring a Map</b>            |
| <input checked="" type="checkbox"/>  <b>Prevent Wildfires</b>      | <input checked="" type="checkbox"/>  <b>Extra Clothes</b>        | <input checked="" type="checkbox"/>  <b>Flashlight or Headlamp</b> |
| <input checked="" type="checkbox"/>  <b>Cooking Supplies</b>       | <input checked="" type="checkbox"/>  <b>Trail Food</b>           | <input checked="" type="checkbox"/>  <b>Pocket Knife</b>           |
| <input checked="" type="checkbox"/>  <b>Pack it In Pack it Out</b> | <input checked="" type="checkbox"/>  <b>Bear Canister</b>        | <input checked="" type="checkbox"/>  <b>Bring a Whistle</b>        |

### Know Before You Go!

Contact your [local Forest Service office](#) for camping availability before heading out.



### Bring Sun Protection

Use sunscreen, wear a hat and sunglasses, and stay hydrated!



### Bring a Compass

GPS may not work in the area of the National Forest you're visiting so bring a compass with you.



### Have a Solid Plan

- Expect large crowds.
- Check road conditions.
- Have a full tank of gas.
- Does access require 4WD?
- Tell someone your plan.



### Enough Water

Bring plenty of water (at least one gallon per person/day), especially in hot or dry regions. Many remote areas will not have fresh water available. Bring chemical treatment or a water purifier for treating water.



### Bring a Map

Bring a hard copy map of the area you're visiting and a compass. Visit [our map page](#) for maps before heading out. Cell phone service may not be available where you're visiting.



## Prevent Wildfires

Know what fire restrictions are in place and be prepared with alternative cooking & heat sources, such as a backpack stove or propane burner. Call the local Forest Service office for information.



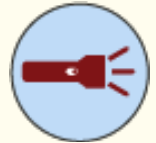
## Extra Clothes

Make sure you're well equipped with a tent and sleeping bag, sturdy shoes, rain and cold weather gear, and extra clothes. Bring along a well-stocked first aid kit, just in case.



## Flashlight or Headlamp

Don't forget extra batteries!



## Cooking Supplies

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



## Trail Food

Bring plenty of food, such as granola bars, trail mix, or other compact, nutritious food. Avoid sugary snacks.



## Pocket Knife

A pocket knife or multitool can help with food preparation, gear repair, first aid, or other emergency needs.



## Pack it In Pack it Out

Carry (a) large, sturdy trash bag(s) to collect all garbage from items brought in and used. Leave No Trace by tying bag to outside of backpack and packing out. Place in open trash receptacle upon return to vehicle. If trash bin is full, take bag home or deposit inside next available receptacle.



## Bear Canister

Bear resistant canisters are recommended and available for purchase from retail outlets. Store everything from food, food wrappers, garbage, toothpaste, gum, lip balm, hand lotion, toiletries and other scented items inside, lock lid and place in open area 100-feet from campsite.



## Bring a Whistle

If you become lost or separated, stay put and use a whistle. Signal by blowing three blasts (a well-known emergency signal)

