



# Sawtooth NRA Safety

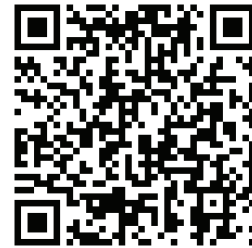
Hikers • Campers • Hunters • Skiers — Safety Checklist

## WHAT TO BRING:

- |   |  |
|---|--|
| <input type="checkbox"/> Proper Footgear; not open-toed         | <input type="checkbox"/> Insect Repellant                      |
| <input type="checkbox"/> Raingear, Fleece Jacket, Hat, Gloves   | <input type="checkbox"/> Sun-screen/Glasses                    |
| <input type="checkbox"/> Ample Water and/or Water Filter        | <input type="checkbox"/> Emergency Blanket/Shelter             |
| <input type="checkbox"/> Emergency Food Rations                 | <input type="checkbox"/> Trail Map & Compass and/or GPS        |
| <input type="checkbox"/> First Aid Kit                          | <input type="checkbox"/> Waterproof Matches or Lighter, Candle |
| <input type="checkbox"/> Flashlight or Headlamp                 | <input type="checkbox"/> Knife, Leatherman and/or Tool Kit     |
| <input type="checkbox"/> Whistle & Mirror (to signal searchers) | <input type="checkbox"/> Trash Bag (to carry out your trash)   |

## BEFORE YOU DEPART, ALWAYS:

- » Check trail difficulty
- » Tell others where you're headed & when you'll be back
- » Check weather & fire restrictions
- » If new to SNRA, don't go out alone
- » Hike with those who know the trail
- » Do not rely on cell/sat phones
- » Be ready to spend night if needed



Trail and Weather Info

[www.SawtoothTrails.com](http://www.SawtoothTrails.com)



CUT HERE

**Don't have the handy laminated wallet card? Well, here's a quick alternative: print this page out, cut on the dotted lines, and fold the card to the right in half to fit in your wallet!**

**Keep the top half of this page for your packing list before you hit the trail!**



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Mountain altitudes mean thinner air, sudden changes in weather with overnight 50° swings in temperatures

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