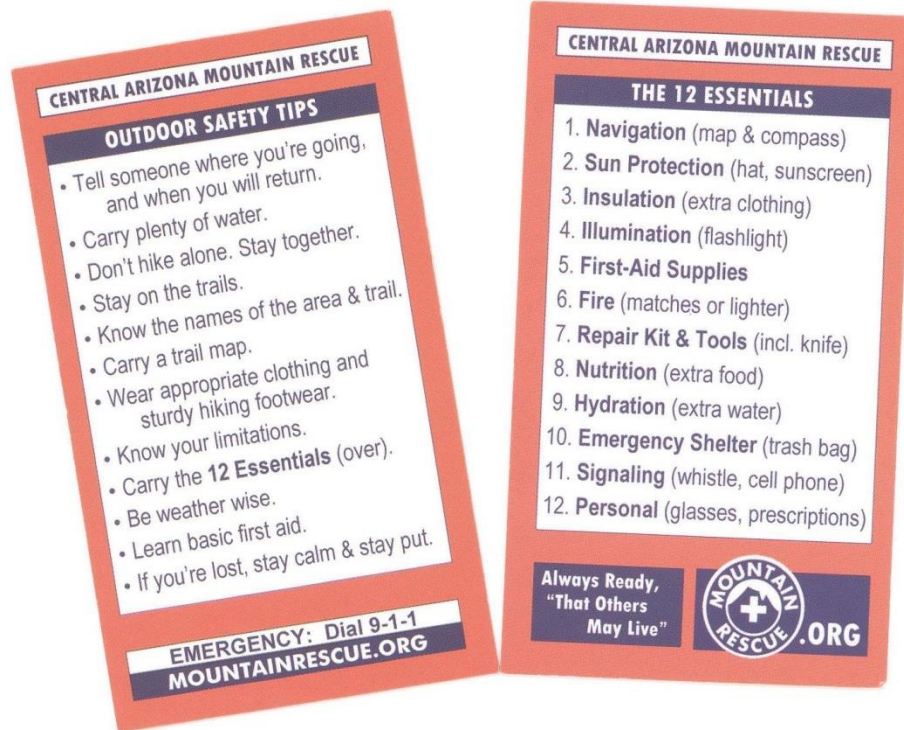


# GREAT TIPS ON SAFE TRAVEL TO FRONT COUNTRY or BACK COUNTRY DESTINATIONS.



- Tell someone where you're going and when you will return.
  - Carry plenty of water.
  - Stay on the trails.
  - Know the names of the area & trail.
  - Carry a trail map.
  - Wear appropriate clothing and sturdy hiking footwear.
  - Know your limitations.
  - Carry the 12 Essentials - see right list.
  - Learn first aid.
  - If you're lost, stay calm and stay put.
- Navigation (map & compass).
  - Sun Protection (hat, sunscreen).
  - Insulation (extra clothing).
  - First-aid Supplies.
  - Fire (matches or lighter).
  - Repair Kit & Tools (incl. knife).
  - Nutrition (extra food).
  - Hydration (extra water).
  - Emergency Shelter (trash bag).
  - Signaling (whistle, cell phone).
  - Personal (glasses, prescriptions).

From: [mountainrescue.org](http://mountainrescue.org)