

SAFETY & THE 10 ESSENTIALS—BE PREPARED!

Prepare according to the weather, terrain and activity. Wear appropriate equipment and carry the 10 Essentials.

- 1) map/compass
- 2) Flashlight/Headlamp (spare batteries)
- 3) Extra food and water
- 4) Shelter—Emergency Blanket or Large Garbage Bag
- 5) First Aid and Repair Kit
- 6) Whistle
- 7) Extra Clothing
- 8) Mobile phone
- 9) Fire Starter
- 10) Pocket Knife

ANTICIPATE OTHERS

Slow down around corners and blind spots.

FAMILIARIZE YOURSELF WITH THE TRAIL

Know the *Trail Difficulty Rating*, terrain type, and user group types. If you don't know the trail—go slow.

EXERCISE CAUTION AT ALL TIMES

Stay Alert—expect the unexpected!

TELL SOMEONE ABOUT YOUR ROUTE

If possible, travel with a partner and carry a mobile phone.

YOU KNOW YOUR LIMITS!

Ride & hike within your ability and fitness level at all times.



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