

Use Common Sense

- √ Carry a first-aid kit with you, and have a working knowledge of the use of the components in the kit.
- √ Before departing gather as much information about the area as possible.
- √ Leave a detailed travel plan with a responsible person.
- √ Always carry a map with you. The most widely used maps for hiking are the forest map and topographical maps.
- √ It is never wise to hike alone.
- √ Choose a hike within the capabilities of your group.
- √ If you think you are lost, stop traveling at once, stay calm, and decide upon a course of action.
- √ A series of three signals, such as whistles, shouts, or light flashes is universally recognized as a distress signal.

Campfire Permits

Campfire permits are required for fires built outside of developed campgrounds from May 1 through the end of fire season. (usually Oct. 31) Campfire permits can be obtained from the Calif. Dept of Forestry, Bureau of Land Management, and the U.S. Forest Service.



PLEASE...Be Careful With Fire

Watch Out For These Critters, Conditions, & Situations

Ticks are common throughout wooded, brushy, and grassy areas. To protect yourself wear clothing with a snug fit around your waist, wrist, and ankles. Layers of clothes helps keep ticks from reaching your body. Use a strong insect repellent.

Rattlesnakes are common below 6,000 feet elevation. While hiking watch where you put your hands and feet, especially when stepping over logs or climbing in rocky areas. Carry a snake bite kit with you and know how to use it.

Poison Oak is a common plant in this area. It has a triple leaf pattern with prominent veins and a shiny surface. Learn to recognize it and avoid contacting it.

Hypothermia is the abnormal lowering of the body's internal temperature. This condition is caused by exposure to cold and aggravated by wet, wind, and exhaustion. Before hiking become familiar with the causes, symptoms, and treatment of hypothermia.

Weather in the mountains can be very unpredictable. Thunderstorms are common throughout the summer months. Don't be caught on mountain tops, under large solitary trees, or near open water during a lightning storm.

Water quality testing is not preformed on open water sources such as lakes, streams, and springs. For untreated water sources boil or treat before using.

For more Information call one of our Forest Service Offices

Beckwourth RD (530) 836-2575
Mt. Hough RD (530) 283-0555
Greenville Info Center (530) 284-7126
Feather River RD (530) 534-6500
Challenge Visitor Center (530) 675-1146

PLEASE OBSERVE ALL RECREATION AND CAMPING RULES, AND REMEMBER, ALL STATE AND COUNTY ORDINANCES APPLY TO NATIONAL FOREST

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