

## **Safety Suggestions and Essentials**

Dress for the weather and site conditions: Wear durable clothing (gloves, long sleeves, and long pants and boots for hiking in rocky conditions).

### **Outdoors Essentials List**

1. Navigation (map and compass in addition to GPS)
2. Sun protection (hat, sunglasses, sunscreen)
3. Extra clothing (wind breaker, rain jacket)
4. Headlamp/flashlight (new lamps -small and light, bring it!)
5. Basic first-aid kit
6. Multi-purpose tool, knife, whistle, signal mirror, etc.
7. Extra food (trail mix, hard candy, nuts)
8. Hydration (extra water, sports drink)
9. Emergency shelter (space blanket, nylon tarp)
10. Insect repellent (mosquitos and tick protection)
11. Fanny or day pack (to carry the essentials)

### **Safety Suggestions for Swanson Lakes Wildlife Area**

Use the 'buddy system' to operate in pairs or groups

Drink water and snack on food periodically

Be aware of heat stress symptoms in summer

Walk carefully in rocky and steep terrain

Be tick aware

In rocky canyons and slopes be snake alert (rattlesnakes are known to occur)