



CAUTION!

WINTER CONDITIONS

YOU MAY ENCOUNTER SUDDEN WEATHER CHANGES, SNOW AND ICE ON THE TRAILS AND IN THE BACKCOUNTRY OF THE SAN BERNARDINO NATIONAL FOREST:

- **CHECK WITH LOCAL RANGER STATION FOR CURRENT CONDITIONS**
- **IN WILDERNESS, OBTAIN PERMIT WITH ITINERARY AND NOTIFICATION INFORMATION**
- **OUTSIDE THE WILDERNESS, NOTIFY FRIENDS OR FAMILY OF YOUR ITINERARY**
- **STICK TO YOUR ITINERARY AND DO NOT TRAVEL ALONE**

- **WINTER MOUNTAINEERING TRAINING & SKILLS ARE CRITICAL!**
 - **BE PREPARED TO SPEND THE NIGHT**
 - **BE AWARE OF LOCAL WEATHER FORECASTS**
 - **BE 'AVALANCHE AWARE' – LEARN THE BASICS AT THE FOREST SERVICE AVALANCHE CENTER:
<http://www.fsavalanche.org/>**
 - **BE PROPERLY EQUIPPED, INCLUDING**
 - **COLD WEATHER CLOTHING & SPARE SOCKS**
 - **ADEQUATE, HIGH TRACTION FOOTWEAR**
 - **CARRY CRAMPONS (TEN OR MORE POINTS – NOT INSTEP), HELMET, AND ICE AX**
 - **MAPS AND COMPASS**
 - **CARRY FOOD, WATER, MATCHES, FIRST AID KIT**