



Know Before You Go: Safety Tips

- Plan on **5 hours up** the trail, and **4 hours down**.
- **Start early** to ensure a safe return before dark.
- When coming down, keep Fourmile Lake in view.
- Follow the same route back down the ridge that you took on your way up.
- If you lose the trail, travel back east to northeast.
- Make sure someone knows your trip plans, including your estimated return time home.

Wilderness Ethic: Leaving No Trace

In wilderness, people are visitors, not permanent residents. But when someone leaves evidence of their journey, the next person loses a sense of solitude and discovery.

Follow the **7 Principles of Leave No Trace** by:

- Packing out all trash.
- Using a lightweight stove instead of a fire.
- Staying on designated trails and camping in existing sites.
- Keeping groups small (12 people or fewer on Mt. McLoughlin).
- Camping 100 feet away from trails, lakes and rivers.
- Avoiding contaminating water sources with food, soap, garbage, human waste etc.
- Properly dispose of human waste: Use a garden trowel to dig a 6-8 inch deep hole at least 200 feet from water.
- Making sure horses and stock do not damage campsites or meadows, and are tethered 200 feet away from lakes and ponds.
- Taking only pictures, and posting responsibly on social media.

Learn more on responsible recreation practices: Int.org