



RECREATION INFORMATION

Olympic National Forest

<http://www.fs.fed.us/r6/olympic>



Recommended Season
SPRING SUMMER FALL WINTER



Wilderness Travel

Wilderness travel offers many exciting and unique challenges. Testing one's self-reliance, physical strength and endurance, and the use of outdoor skills are just a few. The following practices will help ensure that you have a safe and enjoyable trip and your actions will not interfere with others nor damage the environment.

BE CONSIDERATE TO YOURSELF

A. **Treat Drinking Water** – Carry water from home or treat it by boiling, applying purification tablets or use a filter with all water taken from lakes or streams.

B. **Carry Ten Essentials** – Always carry these essential items:

- | | |
|-----------------------|---------------------|
| 1) map of area | 6) flashlight |
| 2) compass | 7) knife |
| 3) waterproof matches | 8) first-aid kit |
| 4) firestarter | 9) extra food |
| 5) sunglasses | 10) extra clothing. |

These are essential items for survival.

C. **Use Proper Clothing** – Wool or polypropylene clothing (cap, gloves, shirt, pants and socks), raincoat and pants, and high top boots should always be worn or carried. Your best protection against hypothermia is to have proper clothing and use the “layering method.” Always be prepared for bad weather.

D. **Carry Proper Equipment** – A waterproof tent, ensolite pad, sleeping bag and a small lightweight stove with extra fuel are important personal equipment.

E. **Carry Other Important Gear** – Miscellaneous items such as insect repellent, toilet paper, plastic water bottle and a mess kit are also important personal equipment.

BE CONSIDERATE TO OTHERS

A. **Demonstrate Trail Etiquette** – Hikers should yield right-of-way to livestock (horses, llamas) by stepping off the trail on the downhill side when possible but staying in sight of the stock. Downhill hikers should yield to uphill hikers.

B. **Select Campsite Carefully** – Set up your campsite out of sight of other occupied camps whenever possible.

C. **Avoid Noise** – Loud noises and activities should be avoided. Remember, solitude is what many people are seeking.

BE CONSIDERATE TO THE ENVIRONMENT

- A. **Select Campsite Carefully** – Use an existing campsite whenever possible. Set up your camp on existing bare ground; rocky, sandy areas or in forested areas. Avoid vegetated areas in meadows or around lakes. Never cut boughs for beds nor trench around tent or tarp.
- B. **Avoid Campfires** – The best cooking method for protecting the area is to use a lightweight stove. When permitted, build campfires only when necessary. Use existing firerings and keep small. Thoroughly douse fire before leaving camp.
NOTE: Campfires are prohibited in all Olympic National Forest Wildernesses above 3,500 feet elevation.
- C. **Dispose of Wastes Properly** – Wash dishes away from streams and lakes. If soap is needed, use only biodegradable varieties. For body wastes, use privies when provided, otherwise use the following method:
- 1) Select a spot at least 200 feet away from open water such as a stream.
 - 2) Dig a shallow hole, about 6-8 inches.
 - 3) After use, fill hole with soil and cover with leaves, needles, etc. For fish wastes and leftover cooked food use the same method as described above. Do not throw fish entrails or food into streams or lakes. Pack out all leftover food.
- D. **Minimize Group Size** – The number of people in a given group should be kept as small as possible. Maximum group size should never exceed twelve. Most areas will have a predetermined limit. Check with the nearest ranger station office for details and limits.
- E. **Never Litter** – By repackaging most food items into plastic bags, things such as cans and bottles can be left at home. Do not leave extra food or plastic tarps for others. If you pack-it-in, then pack-it-home.
- F. **Stay on Trails** – Hike on existing trails or paths. Avoid meadows, marshes and other fragile vegetated areas. Never short cut trail switchbacks. Stay off paths or out of areas that have signs showing the trail or area is closed.

Wildernesses are to be “retained in their primeval character... and managed so as to preserve its natural conditions...” (1964 Wilderness Act).

Every wilderness traveler must accept the challenge to LEAVE NO TRACE of their visit in order that our public wildlands can remain wild, clean and pristine for all to enjoy.



