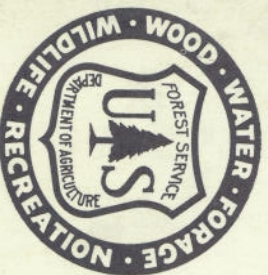
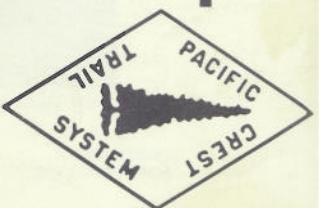


**Thanks, Folks,  
for being careful!**



**Remember - Only you can  
PREVENT FOREST FIRES!**

**CASCADE CREST TRAIL  
WASHINGTON  
PACIFIC CREST TRAIL SYSTEM**



**Forest Service  
U. S. Department of Agriculture  
Pacific Northwest Region**

**1965**

## BE CAREFUL WITH FIRE!

The National Forests must be protected from fire if they are to continue to provide multiple use values, including good water, timber, and attractive recreation areas. Many fires are caused by lightning, but most of the serious ones are caused by human carelessness. Visitors to the Forests should follow these few simple rules:

1. Carry a shovel, an ax, and a water bucket in each pack train and motor vehicle when planning to camp in the forest outside of designated campgrounds. All motor equipment shall be equipped with adequate muffler.
2. Do not smoke while traveling, except in vehicles on roads. Use your ashtray.
3. Crush all cigarettes, cigars, and pipe heels on a rock or in mineral soil. Break matches before throwing them away.
4. Before building a campfire, select a spot in an opening — away from any inflammable material. Clean an area at least 10 feet in diameter down to mineral soil and build the fire in the center. Keep it small. Be extra careful when it is windy—generally, the wind dies down toward evening.
5. Never leave your campfire unattended even for a few minutes. Put it out completely with dirt or water, or both.
6. If possible put out any uncontrolled fire you find, then report it to the nearest forest officer. If you cannot put it out, go to the nearest telephone—the telephone operator will forward your message to the nearest forest station.
7. Read and observe directions on all fire posters.

No one should undertake this trip, or any part of it, who is unfamiliar with rough mountain travel and unable to take care of himself under conditions of physical hardship unless a capable guide is engaged in advance. One should never travel alone. The Washington Cascade Crest Trail goes through the high country of five National Forests but there are few forest rangers along the trail. Because of the elevation and the consequent variability of the weather, travel conditions can become severe in a very short time.

Campfire permits are normally not required on national forest land. Check with local forest officers before starting a trip. A few moment's conversation with a ranger will give you better knowledge of local fire prevention regulations and practices.

State and Federal sanitation laws are plain and based on common sense, and it is the duty of every person to follow the well-recognized fire and sanitation rules. Careful campers and good sports are always welcome on the national forests.

You may save your own and others lives by knowledge of simple first-aid rules. Be sure to take a first-aid kit along.

There are very few dangerous animals, reptiles, or insects along this trail route, but:

1. Avoid a she-bear with cubs.
2. Do not tease skunks or porcupines.
3. Remove promptly any wood ticks and examine yourself at least twice a day during the tick season.
4. Take along a mosquito net or repellent.

Special rules prevail in Mt. Rainier National Park. Information regarding the National Park may be obtained from the Park Superintendent at Longmire, Washington 98362.

## WHAT TO DO IF LOST

1. Keep calm. Do not walk aimlessly. Trust your map and compass. Shelter and warmth are much more important than food.
  - a. To find your position, climb to a place where you can see the surrounding country.
  - b. When you reach a road, trail, or telephone line, follow it. As a last resort, follow a stream downhill.
  - c. Before being caught by darkness, select a sheltered spot and prepare camp, shelter, and firewood. Stay in this camp all night.
2. If you are injured and alone, keep calm. Stay where you are, clear an area down to mineral soil and build a signal fire with green boughs in it. Someone will find you.
3. Three signals of any kind, either audible or visible, is the nation-wide S O S call in the mountains. Signal by three blasts from a whistle or three shots from a gun, three regulated puffs of smoke, or three flashes from a mirror or flashlight. Repeat at regular intervals. When the sign is recognized by a search party, it will be answered by two signals. Use this S O S call only when actually in need of help.
4. Notify the county sheriff's office if a member of your party is believed to be lost or in trouble and it is beyond your resources to find or assist him. Forest Service officers cooperate with the counties in rescue work.

## TAKE CARE OF YOUR FOREST LANDS

1. Leave a clean camp. Burn as much of your garbage, especially fish heads and cleanings, as you can. Place the rest in garbage cans or pits. If no cans or pits are provided where you camp, take all unburnable refuse back out with you. Do not scatter straw.
2. Keep water supplies unpolluted. Dispose of refuse properly. Wash clothing at a distance from springs, streams, and lakes.
3. Preserve forest signs. They are posted for your information. Report anyone you see destroying or defacing signs or other improvements.
4. Observe State fish and game laws.
5. Cooperate with forest officers.
6. Do not cut green timber for firewood and tent stakes.

### NATIONAL FOREST

Gifford Pinchot  
Mount Baker  
Okanogan  
Snoqualmie  
Wenatchee

### HEADQUARTERS

Vancouver, Washington 98660  
Bellingham, Washington 98225  
Okanogan, Washington 98840  
Seattle, Washington 98104  
Wenatchee, Washington 98801

U. S. DEPARTMENT OF AGRICULTURE  
FOREST SERVICE REGION SIX