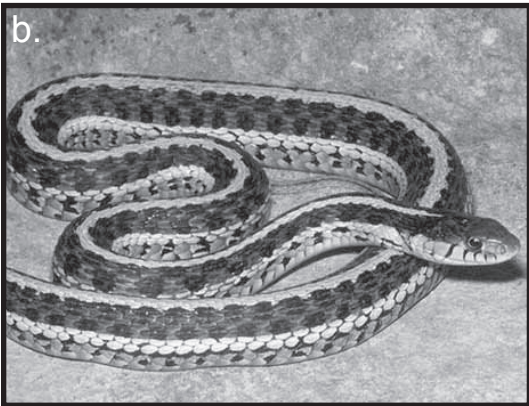


Can you identify these common snakes?



a. Bull snake b. Garter snake c. Rattlesnake

In Rattlesnake Country . . .

- ◆ Wear boots.
- ◆ Be aware of your surroundings. Be able to identify snakes in the area.
- ◆ Keep your dog on a leash and on the trail.
- ◆ Watch where you put your hands and feet, especially around rocks and shrubs.

Rattle, rattle, rattle . . .

- ◆ Rattlesnakes are not aggressive.
- ◆ When approached, they assume coiled positions and rattle to warn intruders.
- ◆ **Strikes occur when snakes are threatened. Do not corner or harass any wildlife, especially snakes.**

Facts and more facts . . .

- ◆ Snakes are an important part of the ecosystem - please do not harm them!
- ◆ They can eat insects, small mammals, birds, and bird eggs.
- ◆ They help to keep the rodent population down and are also prey for other species of animals.



First Aid for Snake Bites

A poisonous bite results in swelling, darkening of tissue to a dark black-blue color, a tingling sensation, and nausea.

What to do. . .

- ◆ Get medical attention/call 911 as soon as possible.
- ◆ Remain calm. This helps to keep the venom from circulating through the body rapidly.
- ◆ Keep the bite below the heart.

What NOT to do. . .

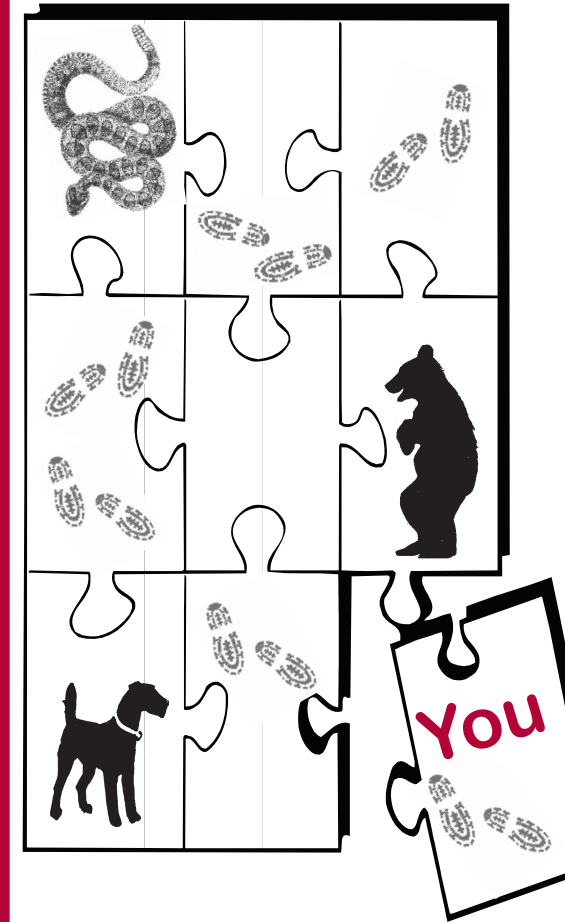
- ◆ DO NOT panic. Walk slowly toward help.
- ◆ DO NOT use ice on the bite.
- ◆ DO NOT use tourniquets, electric shock, or the “cut-and-suck” method.

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6/2008

Trail Tips

HOW DO YOU FIT IN?



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Do you know how your dog impacts this area?

- 🐾 This is a living ecosystem. Letting your dog off trail will:
 - 🐾 Lead to erosion and weed invasion when soil is dug or disturbed.
 - 🐾 Allow trampling and killing of vegetation.
 - 🐾 Destroy nests and eggs of ground-nesting birds.

- 🐾 Carnivore feces is chemically different from herbivore feces. Dog waste encourages weeds to grow instead of native plants.

- 🐾 Wildlife does not know the difference between your dog and a coyote. Fleeing from predators is extremely stressful for wildlife. Do not allow your pet to chase wildlife.

10 Essentials for Outings

- ◆ Water
- ◆ Rain gear and extra clothing
- ◆ Plenty of food
- ◆ Map and compass
- ◆ Flashlight and extra batteries
- ◆ Whistle
- ◆ Pocket knife
- ◆ First Aid kit
- ◆ Sunscreen and sunglasses
- ◆ Emergency firestarting implements

Extras:

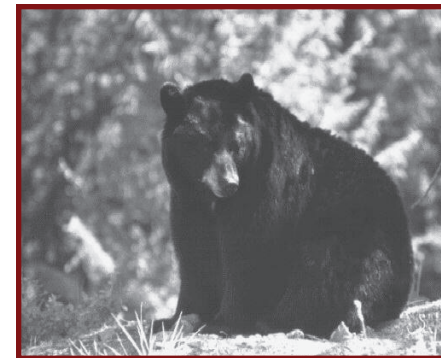
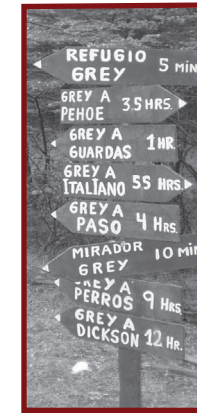
- ◆ Field guides
- ◆ Binoculars
- ◆ Camera
- ◆ Cell phone (cell phones rely on batteries and satellite signals which may not be available in many areas. Your map and compass will always work!)

Ranger Tips

- ◆ Be prepared - a critical first step to staying safe.
- ◆ Know the environment - this high plains desert has fast-changing weather.
- ◆ Know the regulations for the area.
- ◆ Drink plenty of water.
- ◆ Be aware that high altitude can affect anyone.
- ◆ Make smart choices: know your limits. If tired or not feeling well, turn back.
- ◆ Prevent blisters and sprained ankles by using the right footwear.

Lost & Found

- ◆ Always let someone know where you are going and when you will return
- ◆ If you get lost, STAY PUT! Do NOT keep moving!
- ◆ Blow your whistle in patterns of 3 to signal "S.O.S." or "help."



See a bear or mountain lion?

- ◆ DO NOT RUN!
- ◆ Stay in groups.
- ◆ Look as big as possible: hold your hands above your head and open your jacket.
- ◆ Talk or sing.
- ◆ Back away from the animal slowly. Do not turn your back.

READY?

At home, plan ahead ~

- Is water available?
 - Are pets allowed? Have leash?
 - What snacks will you need?
 - Does anyone know your plan?
 - Do you know the route?
- (Signs can be confusing)

SET!

At the trail head ~

- Water bottles full
- Pet (if allowed) leashed
- Dog waste bags with you
- Kiosk checked for closures, conditions, and regulations

GO!

On the trail ~

- Keep pets leashed at all times.
- Stay on trail.
- Leave no trace.
 - Pack it in, pack it out.
 - Leave what you find.
 - Take only photos/sketches.
- Share the trail. Respect others: people and wildlife.

