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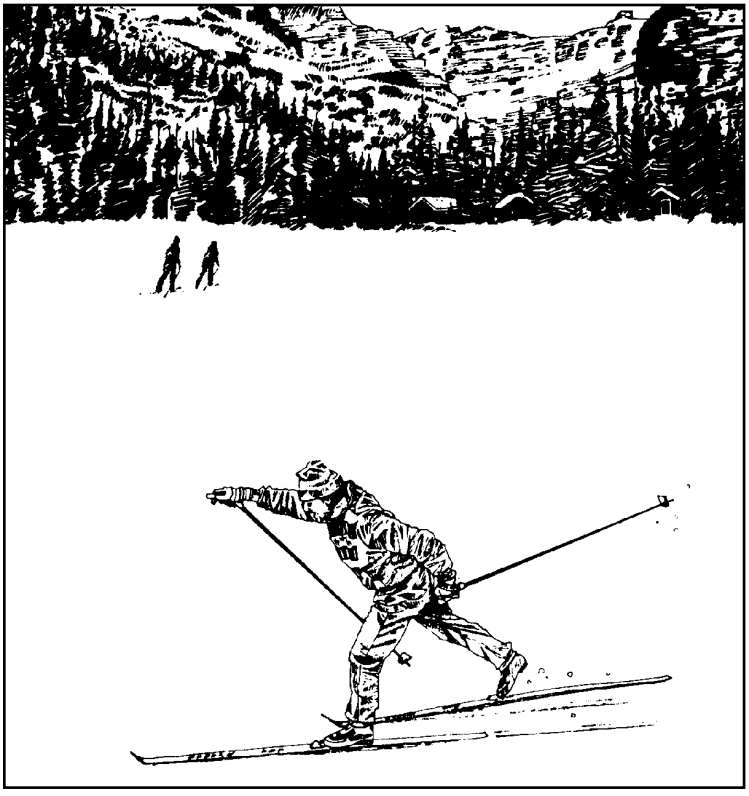
Basic Guidelines for Winter Recreation

in the National Forests of the Intermountain Region



United States Department of Agriculture
Forest Service
Intermountain Region
Ogden, Utah



Basic Guidelines for Winter Recreation

in the National Forests of the Intermountain Region

Many people enjoy outdoor winter recreation in the National Forests of the Intermountain Region. Because of the pristine beauty of a winter forest, hazards of winter recreation sometimes go unnoticed. Wind, cold, snow, or whiteout can quickly turn an outing into a tragedy. Knowledge of the area, weather conditions, route, and the limitations of your body and equipment–plus a little common sense–can ensure your outing is safe and enjoyable.

Most National Forest System land is open for winter travel. However, some areas have restrictions such as motorized vehicle closures; avalanche area closures in ski areas; and closure of hazardous roads. These closed areas can be identified on Forest Visitor Recreation Maps, which are available from the District Ranger or Forest Supervisor Offices.

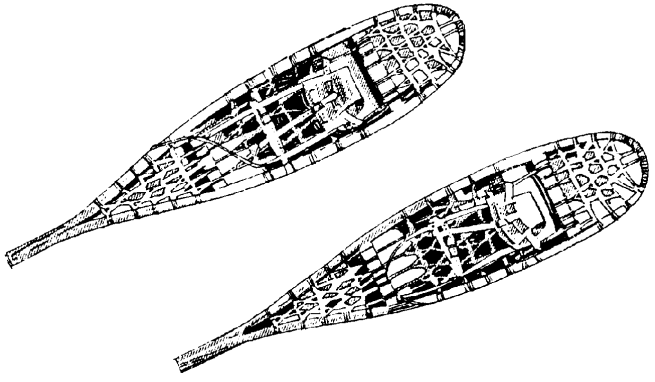
Sharing Winter Recreation Resources

The beauties of backcountry winter can be enjoyed in a variety of ways: snowmobiling, skiing, snowboarding, snowshoeing, and hiking. A successful winter recreation experience depends on National Forest users treating one another and the land with courtesy and respect.

In some National Forests, many winter recreationists must share the same areas and routes. The following suggestions will help provide a safe and enjoyable outing for everyone:

- Operate snowmobiles at a minimum speed near skiers, snowshoers, and hikers. Maintain that speed until well beyond those on foot. Snowmobilers should be able to stop within half the visible distance ahead.

- Skiers, snowshoers, and hikers should remember that snowmobile operators are generally not able to hear other approaching trail users. On steep topography, snowmobiles are generally limited to the developed trail surface. Common courtesy and respect will ensure that all trail users can enjoy their winter travel.



- Snowmobilers are not permitted on developed ski areas or on some trails used for cross-country skiing. These restrictions are posted, but check with the local District Ranger for full information.

- Hikers who walk in an uphill ski track ruin the track for skiers. Hikers should make their own track.

- Dogs can quickly ruin groomed ski tracks. For the benefit and enjoyment of others, consider leaving your pet at home. If you do take your dog, consider skiing on nongroomed trails or in lightly used areas.

- If a party is skiing a slope, any other party should ask permission before they ski it. This is not only a common courtesy, but it makes good avalanche sense.

Preparations for Safety

Before you leave, notify a responsible person of your planned route of travel, and time of departure and return. Be sure to check with that person when you return.

Clothing and Equipment

Layers of clothing, which can be adjusted to prevailing conditions, are best. A good quality windbreaker jacket and wind pants are excellent. Avoid tight-fitting clothes and boots which may restrict circulation. Take extra socks, gloves or mittens, warm cap, extra sweater, matches in a waterproof container, candle, firestarter (000 steel wool works well when pulled apart), a lightweight aluminum stove, nylon cord, general-purpose knife, head lamp, high-energy food, space blanket, first-aid kit, wide tape for repairs, small metal container for melting snow, insulated water bottle, map, compass, light shovel, and avalanche transceiver if in avalanche terrain.

Snowmobilers should carry tools for emergency repairs, including: extra spark plugs, extra gas, emergency flares, and drive belt. Experienced snowmobilers also carry snowshoes (in case of machine failure), as well as the normal emergency and survival gear for winter.

Food and Water

A good rule is "lightweight but loaded," meaning loaded with calories. Plan your meals to ensure a diet of high-energy foods.

Water is often difficult to find in winter. The only water available to you may be what you carry in containers or melt from snow. Under exertion, the body loses as much as 2 to 4 quarts of fluid per day. Body fluid must be replaced to maintain good physical condition. Eating snow provides only limited water (10 to 20 percent); it also drains energy and cools the body temperature. The best method to melt snow is on a small, lightweight backpacking stove, not by body contact. Save your energy.



Litter and Sanitation

Litter and debris can mar the quality of a winter recreation experience–particularly when viewed against a mantle of white snow. Help others enjoy their winter travel in the National Forest by carrying out what you carry in. Carry your food in burnable containers or easily compressed packages that require little space in your pack.

Always consider what effects your actions may have on other parties and the environment after the snow melts–the visual impact, plus possible water contamination. Although there are no universally accepted "correct" methods to dispose of human waste in the winter wilderness, here are some options:

- If toilet facilities are available, use them–even if it means shoveling snow to get the door open. If facilities exist, it is because the site is popular, and further impact should be minimized.
- Disperse your impact by using scattered latrine sites, which are more biodegradable than a group latrine.
- Latrine sites should be far from any trail, campsite, or water source.
- If possible, dig down to the dirt and use a "cathole".
- In deep snow, bury any waste just below the snow's surface.
- If on a glacier, drop waste in a crevasse.
- For proper disposal, pack waste out in a plastic bag. Some authorities consider this the best means of waste disposal in winter.
- Burn used toilet paper with a match or lighter, or pack it out.

Hazards of Winter Recreation

Snow Avalanches

Both large and small avalanches have tremendous force, and are a serious threat to winter travelers. The more time you spend skiing, snowshoeing, snowboarding, snowmobiling, and on other winter activities, the greater are your chances of being caught by a snow avalanche.

Understanding the basic dangers can help you avoid being caught by a snow avalanche. It is important for you to learn and understand how profoundly weather affects avalanche hazard conditions. Another recommended step would be to take an avalanche class and learn to analyze hazards before venturing into avalanche terrain. This knowledge may help you survive if you become buried in one.

Snow avalanches are complex, natural phenomena. Experts do not fully understand all the causes and, therefore, cannot predict avalanches with certainty. The general guidelines in this folder, however, will help an informed observer develop sound judgment about the presence and degree of avalanche danger.

General observations

Look for signs of recent avalanche activity and old slide paths; listen for sounds and cracks; be alert to changing snow conditions.

- RECENT AVALANCHE ACTIVITY – If you see new avalanches, suspect dangerous conditions. Contact the Avalanche Forecast Center, if possible.
- OLD SLIDE PATHS – Generally avalanches occur in the same area. Watch for avalanche paths, such as pushed-over small trees or trees with broken limbs. Avoid steep, open gullies and slopes.

- SOUNDS AND CRACKS – If the snow sounds hollow, particularly on a leeward slope, conditions are probably dangerous. If the snow cracks and the cracks continue to form, it indicates that slab avalanche danger is high.
- NEW SNOW – Be alert to dangerous conditions with one foot or more of new snow.
- OLD SNOW – When the old snow depth is sufficient to cover natural anchors such as rocks and brush, additional snow layers will slide more readily. An underlying layer of loose snow is more dangerous than a layer of compacted snow. Check the underlying snow layer with a ski pole, ski, or rod.
- WET SNOW – Rainstorms or spring weather with warm winds and cloudy nights will warm the snow cover. The resulting free and percolating water may cause wet snow avalanches. Wet snow avalanches are more likely to occur on south slopes and slopes with exposed rock.

Types

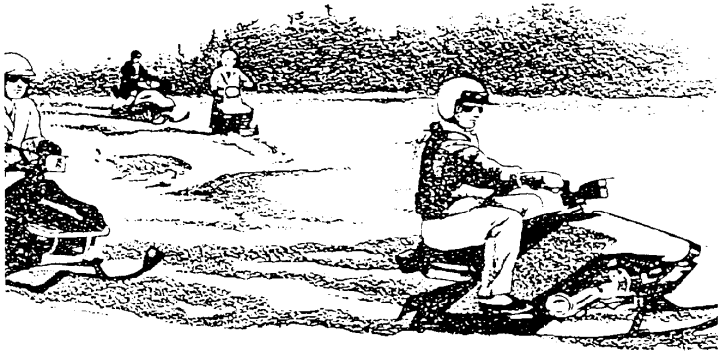
There are two principal types of snow avalanches–loose snow and slab.

- Loose snow avalanches start in a small area and grow as the quantity of snow increases upon descent. Loose snow moves as a formless mass with little internal cohesion.
- Slab avalanches, on the other hand, start when a large area of snow begins to slide at once. Slab avalanches are simply a stronger layer of snow overlying a weaker layer of snow. There is a well-defined fracture line where the moving snow breaks away from the stable snow. Slab avalanches are characterized by the tendency of snow crystals to stick together. There may be angular blocks or chunks of snow in the slide.

PLAY SAFE. If in doubt, stay out of avalanche hazard areas. During periods of high or extreme avalanche hazard, back-country travel IS NOT recommended and should be confined to avalanche-free areas.

The Facts Tell the Story

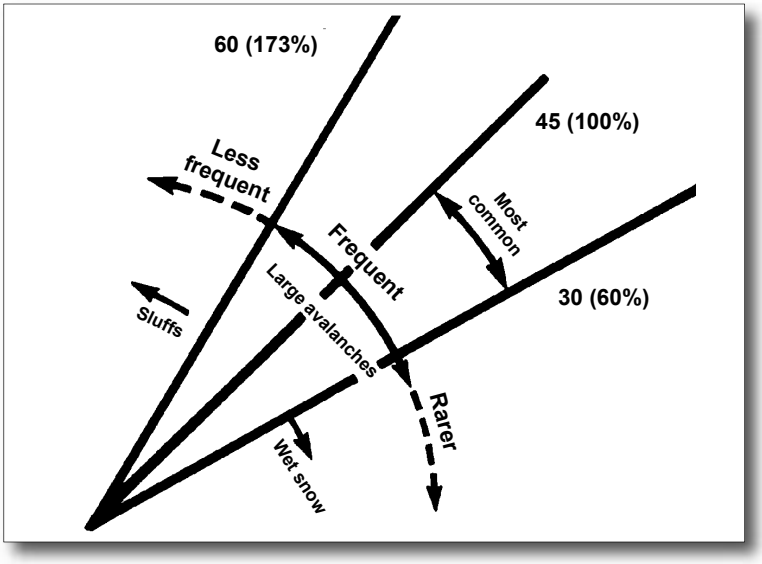
- 95 percent of avalanche accidents are triggered by the victim.
- 95 percent of accidents occur in the backcountry. Avalanche workers control avalanches with explosives at most ski areas and above highways. But, as soon as you cross a ski area boundary or leave the highway, you must become your own avalanche expert.
- Most avalanche victims are 15 to 35 years old, male, educated, and intelligent. They may be backcountry skiers, snowmobilers, snowboarders, or climbers. Although most are very skilled at their sport, they have low to moderate avalanche skills.
- Almost all avalanche accidents involve slab avalanches, which are similar to a dinner plate sliding off an inclined table. Slab avalanches occur when the additional weight of new snow, wind-blown snow or a person overloads the strength of a buried weak layer.
- Most fatal avalanches are small–less than 3 feet deep, less than 300 feet wide and less than 600 vertical feet.



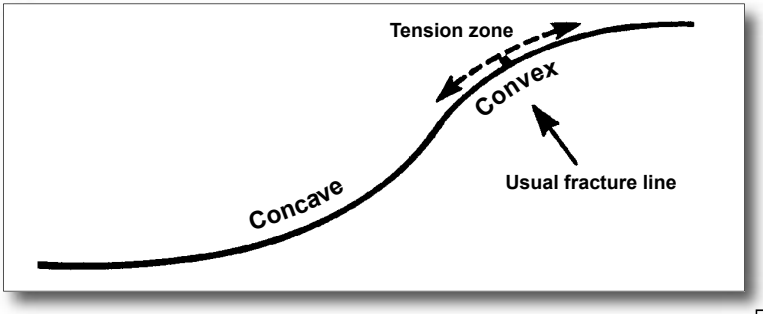
Avalanche Terrain

There are four terrain factors affecting snow avalanches; slope steepness, slope profile, slope aspect and ground cover.

- SLOPE STEEPNESS – Few avalanches occur on slopes with a steepness of 30 degrees or less. On slopes steeper than 45 degrees, the snow sluffs continuously so slabs do not tend to build up. The danger zone exists between 30 and 45 degrees, with avalanche danger reaching its maximum at 38 degrees. For comparison, the steepest slopes at most ski areas are between 35 and 40 degrees–prime steepness for triggering an avalanche. It is best to avoid slopes that are as steep as an expert slope at a ski area.

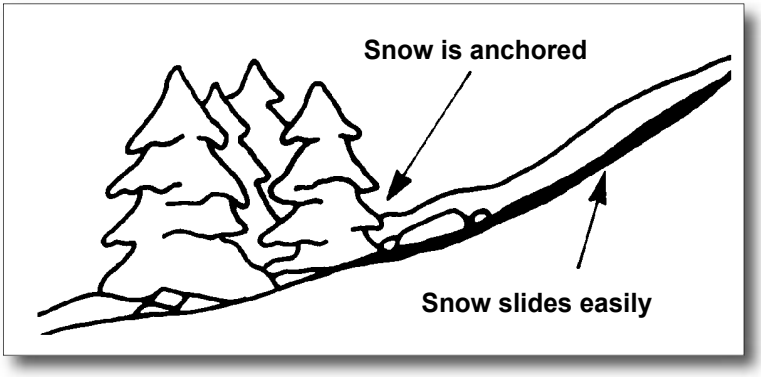


- SLOPE PROFILE – Dangerous slab avalanches are more likely to occur on convex slopes, but may also occur on concave slopes. Short slopes may be as dangerous as long slopes!



- SLOPE ASPECT – Snow on north-facing slopes is more likely to slide in midwinter. South-facing slopes are dangerous in the spring and on sunny days. Leeward slopes are dangerous because wind-deposited snows add depth and create hard, hollow-sounding wind slabs. Windward slopes generally have less snow; and the snow is compacted, but usually strong enough to resist movement. Windward slopes are usually safer than leeward slopes.

- GROUND COVER – Large rocks, trees, and heavy brush help anchor the snow; however, avalanches can start even among trees. Smooth, grassy slopes are more dangerous and should be avoided.

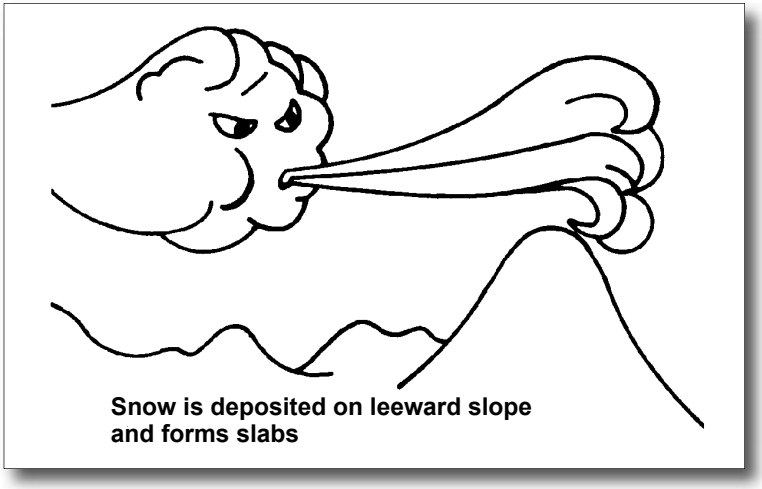


Weather Factors

Many weather factors affect the chances of a snow avalanche occurring: temperature, wind, storms, and snowfall.

- TEMPERATURE – Snow remains in an unstable condition under cold temperatures. It will settle and stabilize rapidly when temperatures are near, or just above, freezing. Rapid changes in weather conditions (wind, temperature, snowfall) cause snowpack adjustments which may affect stability and cause an avalanche.

- WIND – Wind erodes snow from the upwind side of any obstacle–such as a ridge–and deposits it on the downwind side. Wind can deposit a tremendous amount of snow in a very short period of time, which forms dangerous wind slabs. Always avoid steep slopes with recent deposits of wind-drifted snow.

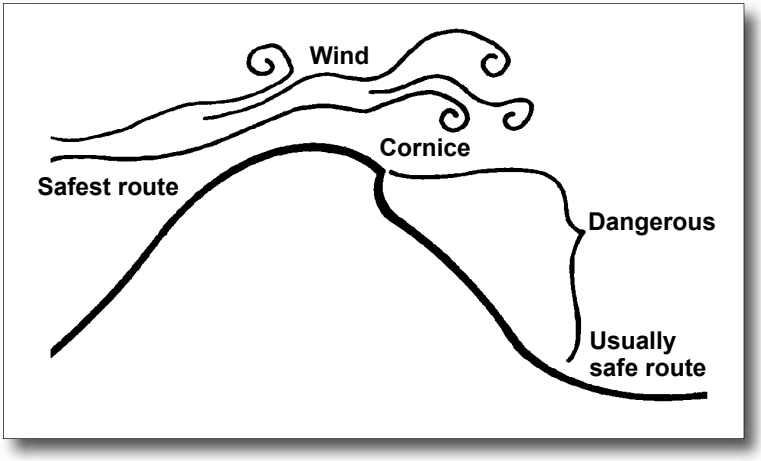


- STORMS – About 80 percent of all avalanches occur during, and shortly after, storms. Be extra cautious during these periods. Loose, dry snow slides easily. Moist, dense snow tends to settle rapidly, but during windy periods can be dangerous.

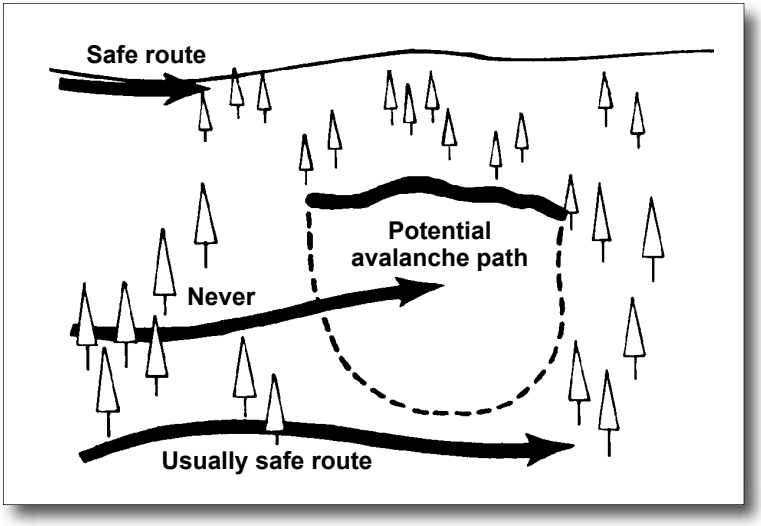
- SNOWFALL – Snow falling at the rate of one inch or more per hour rapidly increases avalanche danger. Observe general snow-crystal types by letting them fall on a dark surface. Small crystals–needles and pellets– create more dangerous conditions than the usual, star-shaped crystals.

Route Selection and Precautions

The safest routes are along ridgetops, slightly on the windward side away from cornices. If you cannot travel the ridges, the next safest route is out in the valley, far from the bottom of slopes.



- Avoid disturbing cornices from above or below. Gain the ridgetop by detouring around cornice areas. If you must cross dangerous slopes, stay high and near the top.
- If you see avalanche fracture lines in the snow, avoid them and similar snow areas.
- Take advantage of areas of dense timber or rocky outcrops as islands of safety. Use them for lunch and rest stops. Spend as little time as possible on open slopes.
- Snowmobilers should not cross the lower part of slopes. Do not drive a snowmobile across especially long, open slopes or known avalanche paths. The game of "high mark" is especially dangerous.
- IF YOU MUST ASCEND OR DESCEND A DANGEROUS SLOPE, GO STRAIGHT UP OR DOWN THE EDGE–DO NOT TRAVERSE BACK AND FORTH ACROSS THE SLOPE.



- Never travel above other people. Any avalanche you trigger will bury both you and them.
- Choose the best route by constantly evaluating slope steepness, what direction the slope faces with respect to wind and sun, the effectiveness of anchors, and the consequences of a slide.
- Always obey signs posting slope closures due to avalanche danger. When traveling in a group, only one person at a time should cross avalanche terrain. Half the party should always wait in an island of safety to rescue the others, if necessary.
- Remove ski pole straps, ski safety straps, loosen all equipment, put on mitts, cap, and fasten all clothing before you travel in any areas where there is avalanche danger. Keep your day pack strapped to your body. Carry and know how to use an avalanche transceiver. Carry a sectional probe and collapsible shovel.

Avalanche Survival

IF YOU ARE CAUGHT IN AN AVALANCHE . . .

- Discard all equipment, except your day pack.
- Get away from your snowmobile.
- Make swimming motions, try to stay on top and work your way to the side of the avalanche.
- Before coming to a stop, put your hands in front of your face and try to make an air space in the snow.
- Try to remain calm.

IF YOU ARE A SURVIVOR . . .

- Check the safety of other surviving party members.
- Ensure that it is safe to travel onto the avalanche debris.
- Mark the place where you last saw the victims.
- Search for victims directly down slope below the last seen point. If they aren't on the surface, scuff or probe the snow with a pole or stick (after locating them with an avalanche beacon).
- REMEMBER–YOU are the victim's best hope for survival.
- Do not desert victims and go for help, unless help is only a few minutes away. After 30 minutes, the victim has only a 50 percent chance of surviving.

IF THERE IS MORE THAN ONE SURVIVOR . . .

- Once you recover all victims, send one person for help, and have them mark the route so a rescue party can follow it back.
- Contact the ski patrol, the local sheriff, or Forest Service personnel.
- Administer first aid.
- Treat for suffocation and shock.

Hypothermia

Hypothermia is the medical name for getting too cold. Believe it or not, most cases of hypothermia happen in the summertime in temperatures between 30 and 60 degrees F. Hypothermia can quickly overcome a victim who falls into cold water or who is caught in a rainstorm without proper clothing.

Hypothermia is aggravated by wet, wind, and exhaustion. Water quickly reduces the insulating ability of clothing to near zero. Wind not only evaporates water cooling the skin further, but it drives cold air through the clothing. A rain or wind jacket can dramatically reduce heat loss.

If your party is exposed to wind, cold, and wet–THINK HYPOTHERMIA! Watch yourself and others for symptoms.

Stages of hypothermia

- Shivering (the body is attempting to generate heat).
- Vague, slow, slurred speech.
- Indifference, sleepiness, apathy, and listlessness. Paradoxically, victims sometimes feel warm and take off their clothing just when they need it most.
- Immobile, fumbling hands, frequent stumbling, lurching gait.
- Unconsciousness, slow breathing, slow pulse.
- Freezing of extremities.
- Death.

Treatment

The victim may deny he is in trouble. Believe the symptoms, not the victim. Even mild symptoms demand immediate treatment.

- Get the victim out of the wind and rain, strip off all wet clothes.
- If the victim is only mildly impaired, give him warm liquids. Get him into warm clothes and a warm sleeping bag. Well-wrapped, warm (not hot) rocks or canteens will hasten recovery.
- If the victim is semiconscious or worse, try to keep him awake. Give him warm liquids. Leave him stripped. Put the victim in a sleeping bag with another person–also stripped. If you have a double bag, put the victim between two warm donors. Skin to skin contact is the most effective.
- Build a fire to warm the camp.

Defense Against Hypothermia

- STAY DRY – Put on rain gear before you get wet. Put on wool or polypropylene clothing before you start shivering. When clothes are wet, they lose about 90 percent of their insulating value–wool and polypropylene lose less; cotton and down lose more.
- GET OUT OF THE WIND – Wind multiplies the problem of staying warm. Even a slight breeze carries heat away from the body and refrigerates wet clothing by evaporating moisture from the surface. NEVER IGNORE SHIVERING. Persistent or violent shivering is a clear warning that you are on the verge of hypothermia.
- BUILD A FIRE – Concentrate on making your camp as secure and protected as possible. A storm-proof tent provides the best shelter, but even plastic sheeting and twine can be rigged for a lifesaving, foul-weather shelter.

- CLOTHING – Cotton clothing is a good choice in warm temperatures, but is extremely dangerous in cold, wet conditions. Down clothing is as bad, wool is slightly better and synthetic clothing, such as pile, is the best. Any time you may encounter wet weather during an outing, bring synthetic clothing such as pile or polyester. Don't forget rain- or wind-protective clothes that cover the head, neck, body and legs. Heat is lost most quickly through the head, hands and feet.
- FOOD AND WATER – Because your body must generate enough heat to counter heat loss, low blood sugar or dehydration, hypothermia can occur more easily. Carry high-energy food–nuts, jerky, and candy–and keep nibbling during hypothermia weather. Also drink plenty of fluids.
- COLD WATER – Submersion in cold water quickly drains heat from the body. The cold that kills is cold water running down neck and legs, cold water held against the body by wet clothes, or cold water flushing body heat from the surface of the clothes. Fifty degree water is unbearably cold. Many people who try to swim even short distances in cold water find that their muscles suddenly lose strength and they can no longer swim.
- PREVENT EXHAUSTION – Make camp while you still have a reserve of energy. Prolonged exposure greatly reduces your normal endurance and drains valuable energy reserves. If exhaustion forces you to stop, however briefly, body heat production will drop instantly to 50 percent or more. Immediately, violent, incapacitating shivering may begin. You may slip into hypothermia in a matter of minutes.
- APPOINT A FOUL-WEATHER LEADER – Make the best-protected member of your party responsible for calling a halt before the least-protected member becomes exhausted or goes into violent shivering.

Wind Chill

Wind, temperature, and moisture all greatly affect the safety of the winter traveler by contributing to loss of body heat. The following "wind chill" chart illustrates the effects of wind and temperature on a dry, properly clothed person. If clothing is wet, the net effects of wind and temperature are much greater.

Wind Chill Cooling Power of Wind Expressed as "Equivalent Chill Temperature"

mph	Temperature (F)											
Calm	40	30	20	10	5	0	–10	–20	–30	–40	–50	–60
	Equivalent Chill Temperature											
5	35	25	15	5	0	–5	–15	–25	–35	–45	–55	–70
10	30	15	5	–10	–15	–20	–35	–45	–60	–70	–80	–95
15	25	10	–5	–20	–25	–30	–45	–60	–70	–85	–100	–110
20	20	5	–10	–25	–30	–35	–50	–65	–80	–95	–110	–120
25	15	0	–15	–30	–35	–45	–60	–75	–90	–105	–120	–135
30	10	0	–20	–30	–40	–50	–65	–80	–95	–110	–125	–140
35	10	–5	–20	–35	–40	–50	–65	–80	–100	–115	–130	–145
40	10	–5	–20	–35	–45	–55	–70	–85	–100	–115	–130	–150
	Danger			Increasing Danger (Flesh may freeze within 1 minute)				Great Danger (Flesh may freeze within 30 seconds)				

Example: At 10°F, a 25 mph wind speed produces a –30°F chill temperature.

Dehydration

At rest, an adult requires 2 quarts of water daily; and, up to 4 quarts of water are required for strenuous activity. Stamina decreases up to 25 percent when an adult loses 1-1/2 quarts of water. Avoid dehydration–simply drink as often as you feel thirsty.

Frostbite

Frostbite is caused by exposing inadequately protected flesh to subfreezing temperatures. Tissue damage results from reduced blood flow to the extremities, as opposed to hypothermia, which causes lowering of the body's rate of metabolism.

- SYMPTOMS – Loss of feeling and a dead white appearance.
- TREATMENT – Restore body temperature as quickly as possible, preferably by immersion in a water bath of less than 110 degrees temperature, or by other effective means. If it is necessary to continue travel, the affected area should be covered and the victim moved immediately to a location where treatment and evacuation can be obtained.
- PREVENTION – Party members should periodically check their companions, especially the nose and cheeks, for signs of frostbite. Snowmobilers, due to their speed of travel, are particularly susceptible to frostbite.

Altitude Sickness

At 10,000 feet, air contains only two-thirds of the volume of oxygen that it contains at sea level. In addition, the higher air pressure at sea level easily forces available oxygen through the thin lining of the lungs into the bloodstream. At higher elevations, there is less air pressure and the available oxygen is not so easily forced through the lung walls.

- SYMPTOMS – Listlessness, loss of appetite, weakness, apathy, nausea, dizziness, and drowsiness.
- TREATMENT – Stop and rest, breath deeply a few times. Obtain nourishment from simple sugar, like candy or fruit juices. Travel to lower elevations.
- PREVENTION – Keep in good physical condition and eat a well-balanced diet. Avoid sudden trips to high altitudes which involve immediate physical exercise.

Hyperventilation

This reaction to altitude is caused by too rapid breathing and a decrease of the carbon dioxide level in the blood.

- SYMPTOMS – Lightheadedness and feeling cold. Victims may be apprehensive and excitable.
- TREATMENT – Calm the victim. Have him relax and breathe into a glove, bag, or hat, until normal breathing is restored.
- PREVENTION – Same as altitude sickness.

Lost or Injured

Avoid becoming lost by taking the precautions outlined in this guide. It is easy, however, to become disoriented during winter whiteouts, or when physically exhausted.

- If you are lost, injured, or your equipment has failed, keep calm. Decide on a plan. Trust your compass.
- Backtrack, if possible. If backtracking is impractical, remain in a safe place.
- Stay together, if possible. If not, send at least two people for help. Don't abandon your snowshoes or skis.
- Build a fire, shelter, or snow cave. STAY WARM.
- Mark your base camp so it is visible from the air.

Distress Signals

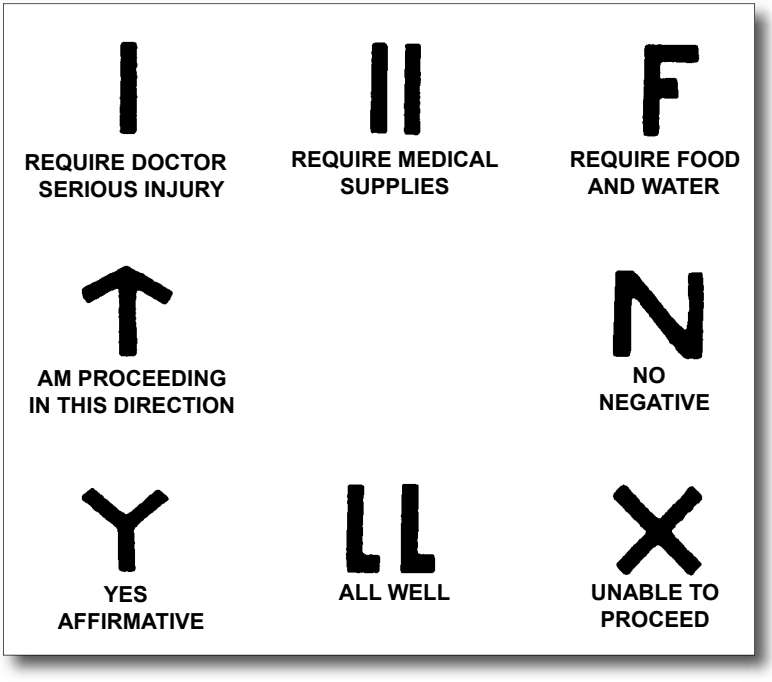
Three smokes, three blasts of a whistle, three shouts, three flashes of light–three of anything that will attract attention.

Overdue Party

When someone is overdue–keep calm. Notify the County Sheriff or District Ranger in the trip area. Either of these officials will take the necessary steps to alert or activate the local search and rescue organization. If the missing person(s) returns later, be sure to advise the Sheriff or District Ranger immediately.

Ground-to-Air Signals

Visible emergency signals are easily made in large open areas. An SOS can be stamped in snowfields or grassy meadows. Brush piles or evergreen boughs can also be used. Listed below are emergency codes for ground-to-air signals.



For Your Protection

As a user of National Forest System lands, you have significant responsibility for personal safety during any activity you might pursue. The Forest Service installs signs and other information devices at various locations where site conditions warrant. However, the size of the National Forests and the variety of natural and manmade conditions limits placement of signs or other specific warnings and necessitates the use of more general education efforts.

Hazards include, but are not limited to: changing weather conditions, snow, avalanches, landslides, caves, overlooks, falling trees or limbs, high or rushing water, contaminated water, wild animals, becoming lost or over exerted, hypothermia, remnants of mining and other activities involving excavation, tunnels and shafts, decaying structures and a variety of equipment, and changing road and trail conditions. You may also be exposed to unreasonable acts of others.

The Forest Service does not manage or control all of these occurrences. It is your responsibility to know the hazards inherent to your activities and to use proper safety procedures and equipment to minimize the risks.

To help National Forest visitors enjoy their outdoor winter recreation, the Forest Service provides information regarding local conditions. This information is available from any of the following Forest Service offices.



For More Information

For recorded avalanche advisories, call:

IDAHO	Ketchum	(208) 622-8027
	McCall	(208) 634-0409
UTAH	Salt Lake City (3 minutes)	(801) 364-1581
	Salt Lake City (5 minutes)	(801) 364-1591
	Logan	(435) 797-4146
	Ogden	(801) 621-8600
	Park City	(801) 649-2250
	Provo	(801) 378-4333
	Moab	(435) 259-7669
	Alta	(801) 742-0830
WYOMING	Tetons-Jackson	(307) 733-2664
NEVADA	Central Sierra	(530) 587-2158

Web site: www.avalanche.org

National Forest Supervisor's Offices in the Intermountain Region:

ASHLEY NF
355 North Vernal Avenue
Vernal, Utah 84078
(435) 789-1181
Web site: www.fs.fed.us/r4/ashley

BOISE NF
1249 So. Vinnell Way, Suite 200
Boise, Idaho 83709
(208) 373-4100
Web site: www.fs.fed.us/r4/boise

BRIDGER-TETON NF
340 North Cache
P.O. Box 1888
Jackson, Wyoming 83001
(307) 739-5500
Web site: www.fs.fed.us/r4/btnf

CARIBOU-TARGHEE NF
499 North 2400 East
St. Anthony, Idaho 83445
(208) 624-3151
Web site: www.fs.fed.us/r4/c-t

DIXIE NF
1789 North Wedgewood Lane
Cedar City, Utah 84720
(435) 865-3700
Web site: www.fs.fed.us/r4/dnf

FISHLAKE NF
115 East 900 North
Richfield, Utah 84701
(435) 896-9233
Web site: www.fs.fed.us/r4/fishlake

HUMBOLDT-TOIYABE NF
1200 Franklin Way
Sparks, Nevada 89431
(775) 331-6444
Web site: www.fs.fed.us/r4/htnf

MANTI-LASAL NF
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Price, Utah 84501
(435) 637-2817
Web site: www.fs.fed.us/r4/mlnf

PAYETTE NF
800 W. Lakeside Avenue
P.O. Box 1026
McCall, Idaho 83638
(208) 634-0700
Web site: www.fs.fed.us/r4/payette

SALMON-CHALLIS NF
50 Highway 93 South
Salmon, Idaho 83467
(208) 756-5100
Web site: www.fs.fed.us/r4/sc

SAWTOOTH NF
2647 Kimberly Road East
Twin Falls, Idaho 83301-7976
(208) 737-3200
Web site: www.fs.fed.us/r4/sawtooth

UINTA NF
88 West 100 North
P.O. Box 1428
Provo, Utah 84603
(801) 342-5100
Web site: www.fs.fed.us/r4/uinta

WASATCH-CACHE NF
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