### From Hypothermia

Hypothermia is caused by the lowering of body temperature. From the time this disease can be diagnosed and treated, the patient has less than 90 minutes to live. Hypothermia will then cause severe brain damage and death. Avoid hypothermia when possible. 

#### 1. Maintain your core body temperature by using high-calorie foods during the early warning stages. Exercise will then maintain heat production. Avoid getting caught indoors.

#### 2. Wear appropriate layered clothing. Wool is the best protection for hypothermia. Certain outdoor sports, such as climbing, are good protection. Avoid wearing cotton near your skin. When it is wet, it chills your entire body. Down is good in dry conditions but becomes inefficient when wet.

#### 3. Seek shelter from wind and rain if you are lost. Wear a dry sweatshirt and a hat. Check the area to keep warm. Take care to stay dry. Eat any extra food clothing.

#### 4. Carry food, clothing, some sort of shelter and matches. Extra dry clothing may save your life.

### How Revenue is Spent

- Information and education: 3%
- Snow removal and sanitation: 12%
- Maintenance of snowmobile trails: 15%
- Administration: 15%
- Overall distribution: 58%

### Protect Yourself

- Wear appropriate clothing and gear.
- Pack emergency supplies.
- Stay alert to environmental conditions.
- Know your limits.
- Stay visible.
- Stay oriented.
- Stay prepared.
- Stay dry.
- Stay warm.
- Stay quiet.
- Stay alert.
- Stay informed.

### Stay Safe: Carry

#### 10 Essentials

1. Extra food/water
2. Extra clothing
3. Map
4. Compass
5. Knife
6. Matches
7. First aid kit
8. Snacks
9. Flashlight
10. Snowboard

### Signs

#### Snowmobile Trail Warning Signs

- Snowmobile Cross-Country Ski Trail
- Snowmobile Area
- Snowmobile Area
- Snowmobile Area

### Along the Trail

#### Snowmobile Trail Warning Signs

- Snowmobile Cross-Country Ski Trail
- Snowmobile Area
- Snowmobile Area
- Snowmobile Area

### How to Use Your Snowmobile Permit

- Wear a helmet.
- Use lights and mirrors.
- Follow speed limits.
- Yield to other users.
- Pack extra supplies.

### Winter Recreation Program

- Winter Recreation Program
- Washington State Parks
- Snowmobile Association
- Washington Department of Fish and Wildlife
- Northwest Avalanche Hotline:
  - Highway Advisory Radio (HAR)
  - Department of Transportation

### Protecting Yourself

- Keep warm and dry.
- Stay calm.
- Avoid alcohol.
- Stay alert.
- Stay informed.

### How to Help

- Stay calm.
- Call 911.
- Provide first aid.
- Stay alert.
- Stay informed.

### Snowmobiles

- Snowmobiles are not allowed on designated cross-country ski trails.
- Snowmobile users must purchase a special groomed trail permit.
- Snowmobile users are required to wear a helmet.

### Snowmobile Trail Warning Signs

- Snowmobile Cross-Country Ski Trail
- Snowmobile Area
- Snowmobile Area
- Snowmobile Area

### How to Help

- Call 911.
- Provide first aid.
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### How to Help

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