

EST.

COLORADO

1876

THE CENTENNIAL STATE



TIME ZONE
MOUNTAIN

5.5 MILLION

is the population of Colorado according to the 2017 US Census



300

the average number of sunshine days in Colorado per year

Highest point
Mount Elbert
14,440 ft

Lowest point
Arikaree River
3,317 ft



Colorado contains 75% of the land area of the U.S. with an altitude over 10,000 feet.



25

the number of ski resorts in Colorado



4

the number of National Parks in Colorado



SPORTS TEAMS



DENVER BRONCOS

DENVER NUGGETS



COLORADO ROCKIES

COLORADO AVALANCHE



Colorado has more microbreweries per capita than any other state.



WELCOME

TO THE CULTURE PASSPORT

A statewide adventure resource built for education and living culture sustainably. So whether you feel like carousing through the streets of Denver, or the mountains west of it, great experiences lie ahead for those who wish to get out there and roam.

DOWNLOAD THE APP!

DEDICATION

This resource is dedicated to all of the men, women, and children who have been injured, or lost their lives in the outdoors doing the things they love.

It is also dedicated to every person: soldier, environmentalist, teacher, naturalist, adventurer, wanderer, and explorer who has fought to seek out, educate, and protect our natural lands. We can only hope that everything you've taught us can be passed along to others. Thank you for everything you've done to get us here.

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Brought to you by Colorado Culture Inc.

**“Be careful going in
search of adventure,
it can be ridiculously
easy to find.”**

William Least Heat Moon

BlackBoxDenver.com
303 831 6207

**THE
BLACK
BOX**

314 E 13th Ave
Denver, CO

PROLOGUE

Over time, as we get older and absorb more in our lives, culture becomes the fabric of who we are. It's what we watch and listen to, what and where we eat, how we live, and who and what we love. The goal of this resource is to help you immerse yourself in life. Once you do that, life becomes your own taste of culture and in return that culture will change your life. Colorado's culture is as vibrant and full of positivity as anywhere else in the world. There are so many things to do here, and it's a state that naturally encourages people to open up their eyes, their hearts, and their minds. To get out of their houses, away from their TVs and computers, and experience the world without walls. Culture is all around us. Are you ready to find it?

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INTRODUCTION

The goal of this resource is to provide a general outline, education, and insight into living adventure and having fun in the outdoors. Recreation is all around us and each person chooses to recreate differently over the course of their lives. Whether it's going to an amusement park with our family, a brewery with our friends, or hiking in the backcountry, we each have an obligation, an unwritten mandate if you will, to do it responsibly and respectfully. By purchasing this resource, you just took an active role in the education and preservation of the environment around us. We hope that you don't take that fact lightly as this resource might just be able to save your life. We encourage you to share this knowledge with others as it is our job to teach, and to preserve this environment for generations to come.

Be Respectful. Be Courteous. Be Kind.

Have Fun!

RESOURCES

Road Conditions:

Call 511

<http://www.cotrip.org/home.htm>

Avalanche Center:

Call 303-499-9650

<http://avalanche.state.co.us/>

Colorado Weather:

Call 303-494-4221

<http://www.noaa.gov/>

Snow Conditions:

<http://opensnow.com/>

Trip Planner:

<https://fieldguide.colorado.com/>

FRIENDLY TRAVEL TIPS

= EMBRACE CULTURE =

Part of taking in culture is getting to know the people who thrive in it. Don't be afraid to make friends!

= PROOF OF ADVENTURE =

If using the App, validate the coupon on your phone at the associated business. This is even more important than checking in on Facebook, or Tweeting your location, although those never hurt either!

= PLAN ACCORDINGLY =

One of the most crucial parts of any adventure is making sure you have everything you need to have the best time possible.

= DIP-CULTURE-SOAK-REPEAT =

Make the most of your adventure no matter which type of adventure you choose to take. Try something new. Do something you love differently. Find something you love and do it again.



01

KNOW BEFORE YOU GO

Altitude Factors

Hydration

Nutrition

Clothing

Timing

**Weather / Road
Conditions**



----- **KNOW BEFORE GO** -----

When it comes to avalanche safety “Know Before You Go”, is a program created to teach people the essential things they need to know to better their chances of being safe in dangerous and unstable terrain. The underlying principle of the popular program created and promoted by the Colorado Avalanche Information Center (CAIC) can and should be implemented in the planning phase of any outdoor adventure you are looking to embark on at any time of the year. Always prepare yourself before leaving your house. Do your best to be meticulous in your planning and understanding of the adventure you’re about to take. Not only will planning increase your chances of having a successful adventure, it also plays a key role in experiencing the joy and wonderment that exists in nature.

But along with this preparedness comes the aforementioned responsibility: enjoying the outdoors also includes being good representatives/stewards of the land, and leaving it in a condition for others to enjoy. When faced with an outdoor survival situation, two things deserve the most attention: staying safe and staying alive. Surviving in the wilderness can be a tricky situation, for example: phones and laptops die, GPS goes off course (and dies), etc. The Culture Passport however, guides. So here are a few steps to help you along the way.



BEFORE YOU LEAVE

- Always tell someone exactly where you're going and when you're expected to be back. Although we are firm believers in the buddy system, some choose to recreate and adventure solo. If you go out to adventure alone, pay extra special attention to this rule.
- Know your company. Always make sure to be aware of the ability levels of the people you're recreating with, and don't be afraid to ask them during the planning process of your adventure if you don't already know. It's always better to know someone can or can't do something before you try.
- Learn how to use a map and compass before leaving and plot out your course ahead of time. If you get lost, stay put and DO NOT leave.
- Bring proper clothing and equipment including warm, waterproof clothing, and a first aid survival kit.
- Check the regulations in the area where you plan on recreating. National parks, BLM, and state land all have specific rules for camping, hiking, and recreating in that area. These regulations vary from area to area and change frequently so you should always research rules for where you'll be recreating before you go.

BLM Information:

<https://www.blm.gov/colorado>

**Colorado Parks and Wildlife:**

<http://cpw.state.co.us/aboutus/Pages/Regulations.aspx>



Colorado State Land:

[https://www.colorado.gov/pacific/
statelandboard/recreation-0](https://www.colorado.gov/pacific/statelandboard/recreation-0)

**National Parks:**

[https://www.nps.gov/romo/
planyourvisit/rules_regulations.htm](https://www.nps.gov/romo/planyourvisit/rules_regulations.htm)



US Forest Service:

https://www.fs.usda.gov/detail/arp/passes-permits/?cid=fsm91_058268

**Camping Permits and Reservations:**

<https://www.recreation.gov/>



RECREATING AT ALTITUDE

Being at high altitudes can have considerable impact on the body. And Colorado has the highest average elevation of any state. Altitude sickness can occur at elevations above 7,800 feet. Symptoms include headache, nausea, fatigue, dizziness, and shortness of breath. Try to ascend slowly when encountering high altitude and increasing elevation. When traveling to higher altitudes, take it easy for the first couple of days. This way your body has time to acclimate and get used to the change in elevation. If you are affected by the altitude, drink lots of fluids and get rest.



FRIENDLY TIP

Keep in mind that higher altitudes and elevations are closer to the sun. Don't forget to WEAR SUNSCREEN!



▲ Mount Elbert
14,440 ft
Sawatch Range

▲ Pikes Peak
14,115 ft
Front Range

▲ Culebra Peak
14,053 ft
Culebra Range

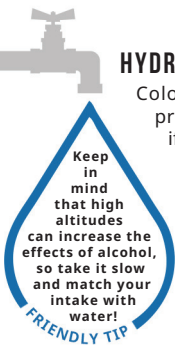
▲ Crested Butte
12,168 ft
Elk Mountains

▲ Ute Peak
9,984 ft
Ute Mountain

▲ Diamond Peak
9,665 ft
Green River Basin

HYDRATION

Colorado's dry air and sunny days can present serious dehydration problems if you are not drinking enough water. You lose twice the amount of water when recreating at high altitudes than you do at sea level. Therefore, you need to be consuming twice as much water. Keep in mind that drinking water can prevent both dehydration and altitude sickness.



Keep in mind that high altitudes can increase the effects of alcohol, so take it slow and match your intake with water!

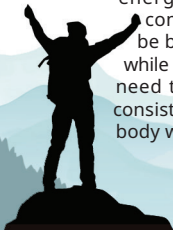
FRIENDLY TIP

NUTRITION

When exploring the outdoors food might not be the first thing on your mind. However, food is imperative to your overall survival. Eating healthfully before and during your trip can make your adventure far more enjoyable. Healthy meals can give you the energy you need to jump start your trek while eating snacks along the way will help fuel your body with the energy to keep moving forward. Maximizing protein intake will be of the utmost importance, as protein is a key player in maintaining and elevating energy levels necessary to complete your trek. You'll be burning a lot of calories while recreating, meaning you need to be conscious about consistently replenishing your body with healthy nutrients.

FRIENDLY TIP

Make sure to pack foods high in protein like: trail mix, nuts, and jerky to ensure you'll maintain a high energy level throughout the course of your adventure.



CLOTHING

Colorado has unpredictable weather. So it is necessary to prepare for any weather changes. Bringing the right clothing is essential to any Colorado trip. Not only will having the right clothes keep you warm through inclement weather, it will make your entire experience WAY more pleasurable. Certain clothing is specifically made for the state's outdoor activities, so be prepared and bring plenty of extra layers.

Plan ahead and keep a consistent eye out for locations that would make good protection. Quite often a sunny day hike can turn into an afternoon emergency situation.

FRIENDLY TIPS

AVOID wearing cotton, as it can make you hot. It also absorbs water and sweat. Wear moisture-wicking materials that are comfortable, can keep you warm, and regulate body temperature.

SHELTER

Since Colorado's weather can change in an instant, a sunny day can quickly turn into a vicious storm. It is important to have a plan for shelter in the event of inclement weather situations. Lightning and hail can cause severe damages or even be deadly. Having an action plan and a secure shelter can make for good protection.



WEATHER PATTERNS

AND

WHAT TO DO IN SEVERE WEATHER SITUATIONS

Colorado is known to have some of the best weather in the country and is consistently one of the sunniest states.

However, Colorado weather can change in an instant so it is important to watch out for changes in weather patterns and be prepared for inclement weather.

Understanding and preparing for the seasonality of your recreation is fundamental. You must be fully prepared for any weather you might encounter, and know when it is coming.



THUNDERSTORMS LIGHTNING HAIL



In mountain areas, thunderstorms typically develop in the afternoon. Plan your outdoor activity for the morning.

Old mountaineer rules say to be done by noon!



Immediately seek cover when skies start to darken.

If you're above treeline get below it as fast as possible. Morning clouds may turn into storms by the afternoon so keep a watchful eye out for darkening clouds and any system that might be moving in.

If lightning begins to strike, follow these steps for safety:

- ⚡ Avoid open fields, tops of hills, or ridges.
- ⚡ Stay away from tall trees, especially isolated ones. Lightning will typically strike the tallest thing in the area, but flows through the path of least resistance so this isn't always the case. If in the woods, stay near lower stands of trees.
- ⚡ If camping, set up your tent near a ravine, valley, or other low areas.
- ⚡ Stay away from water and metal at all times during the storm.

Rain during thunderstorms can instantly turn to hail! If hail begins to fall seek shelter immediately. Tornadoes can follow thunderstorms and hail so it is important to find shelter and get inside if possible. Stay away from glass or any other breakable objects. Find shelter in a sturdy building if you can find one. If you are in your vehicle, head to the nearest shelter.



FLASH FLOODING

Due to Colorado's normally dry conditions, flash floods can occur at anytime with significant rainfall.

Flash flooding generally occurs in the foothills east of the mountains, but can happen near any body of water.

Attempt to find shelter immediately if hard rainfall begins.

**If you are caught in a flash flood,
take these steps:**



01

Get to higher ground.

If you are outside, get to the highest point possible.



02

Avoid electricity.

Waters can destroy electrical wires causing the water to become electric. Stay away from areas that have electricity.



03

If in a vehicle, turn around to avoid the flooding area.

DO NOT try to walk through flood waters.



WINTER WEATHER

Colorado has some pretty extreme winter weather. The most important step is to always be prepared. Check winter weather advisories before any travel.

If the sky is cloudy and snow begins to fall, there are several steps to take if caught outside during snowfall:



Find shelter and try to stay as dry as possible.



If no shelter is available make a snow cave for protection.



Try to build a fire for heat and attention. Use rocks as a circular base to reflect and absorb heat.



Try to stay moving, occasionally moving arms and legs to keep blood circulating. Do not overexert yourself because sweating in the cold can cause hypothermia.

Here's a great resource with more information on snow caves:

http://www.traditionalmountaineering.org/FAQ_Snowcaves.htm



Always be prepared. We can't stress this fact enough. Packing layers for Colorado weather is the best option. Always check the weather in the area you are planning on visiting before leaving. For more information or weather in your area please visit:

<http://www.weather.gov/>





WINTER DRIVING CAN BE DANGEROUS:

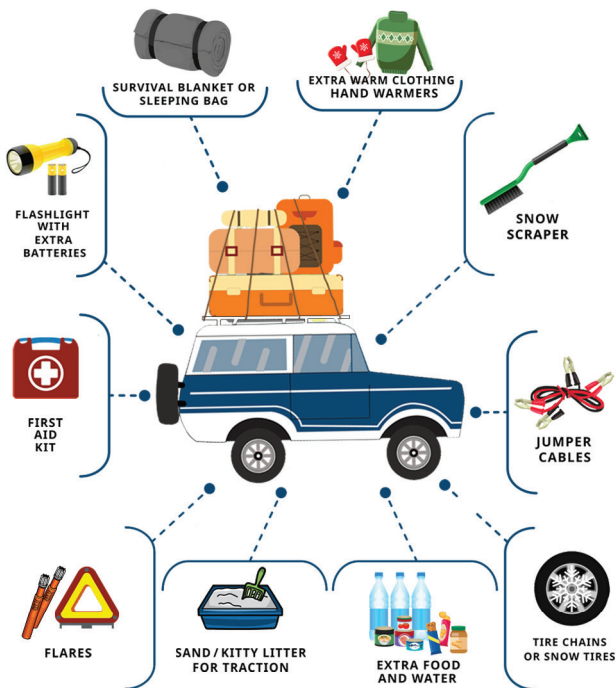
Plan ahead and check road conditions as well as avalanche dangers before you go on your trip. Be sure to pack the essentials in your car in case of emergency.

We recommend bringing along these items in your vehicle:

- * Flares
- * Snow scraper
- * Extra warm clothing
- * Extra food and water
- * First aid kit
- * Tire chains or snow tires
- * Sand / Kitty Litter for traction
- * Jumper Cables
- * Flashlight with extra batteries
- * Survival blanket or sleeping bag
- * Hand warmers



WE RECOMMEND BRINGING ALONG THESE ITEMS IN YOUR VEHICLE:



**For up to date road conditions please
call 511 or visit:**

[http://www.cotrip.org/travelAlerts.
htm#?roadId=](http://www.cotrip.org/travelAlerts.htm#?roadId=)



Now that you've got your plan in place, it's time for you to put it into action! Wanderlust waits for no one. But now that you know, how do you prepare?

Many times when it comes to adventuring, we'll learn from experience, but sometimes in a life and death situation we may not have that option. The best thing we can do is to educate ourselves to the best of our abilities. No book or research can truly prepare you for the moment something bad might happen, but it can provide us with the tools we need to minimize the risk of injury or death.

02

GEAR UP

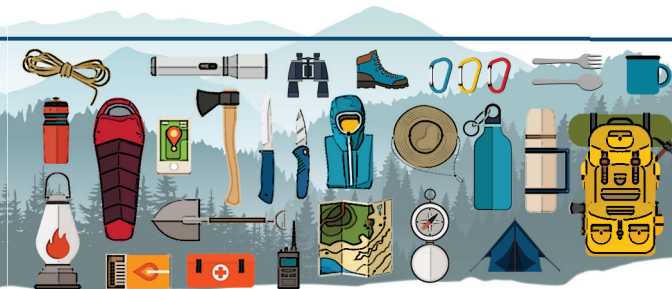
**“Before anything else,
preparation is the key
to success”**

Alexander Graham Bell



Shopping for gear is one of the best parts of this process. Who doesn't love a good trip to their local REI/ Bass Pro Shop/Cabela's? They're all basically adult toy stores. All kidding aside though, before you buy gear you need to determine what you're going to accomplish with said gear.

What types of adventures are you going to be embarking on? The right gear will save your life.





2320 E Main St
Cañon City, CO

719-275-6339

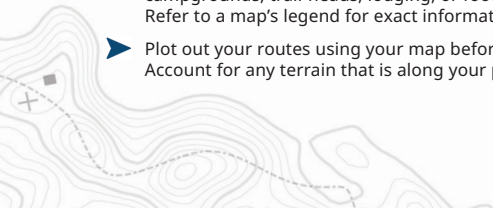
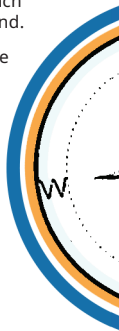
ColoradoJeepTours.com

MAPS & COMPASS

Before you go on any outdoor adventure, you should learn how to read a map and use a compass. Many trails in Colorado are well marked and maintained, but you should never rely solely on that assumption. You should also never rely solely on a GPS as technology can often fail, so knowing some navigational skills are highly important.

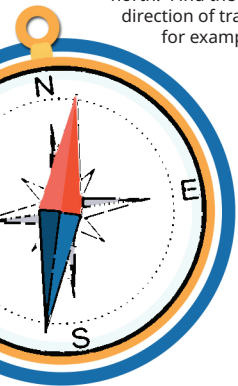
MAPS

- ▶ Choose the right type of map. There are road maps of highways and byways, tourist maps for sightseeing, and topographic maps for hikers and campers.
- ▶ Check the map's orientation using the compass rose. Make sure north is on top.
- ▶ The scale of a map is the ratio of distance between two points on a map and the actual distance of the same two points on the ground. Most topographic maps are in the 1:40,000 range to 1:70,000 range. If the scale is 1:40,000, this means that every one inch on the map is equal to 40,000 inches on the ground.
- ▶ Contour lines on a topographic map represent the shape and elevation of the land. Lines closer together represent steeper terrain while lines further apart represent flatter terrain.
- ▶ Trail maps use colors to make features identifiable. Green areas usually represent vegetation, including forest areas. Blue and blue lines represent bodies of water. White or pale areas represent little to no vegetation such as deserts. National park and national forest boundaries are represented in black or dotted lines.
- ▶ Symbols on a map indicate either man-made or natural features. Symbols may represent campgrounds, trail-heads, lodging, or food stops. Refer to a map's legend for exact information.
- ▶ Plot out your routes using your map before you go. Account for any terrain that is along your pathway.



COMPASS

- ▶ Hold the compass as flat as possible, preferably in the palm of your hand. If you are using the compass with a map, place the map on a flat surface and put the compass on top.
- ▶ To orient yourself, take a look at the magnetic needle. It should be swinging side to side unless you're facing North. Turn the degree dial until the orienting arrow lines up with the magnetic arrow, pointing them both north. Find the direction you are facing by using the direction of travel arrow. If it is between the N and E for example, you are traveling northeast.



- ▶ Know the difference between true north and magnetic north. True north is the point on a map when all longitudinal lines meet. Your compass will not point to true north, only magnetic north. Magnetic north is the tilt of the magnetic field about 11 degrees from the tilt of the Earth's axis. In some places you will have to account for the magnetic shift to get an accurate reading, in which you will adjust your degree dial depending on the declination.
- ▶ To get your bearings, use the compass to figure out which direction you are facing. The compass will point to magnetic north. If you are lost, try to identify a landmark so you can get yourself re-oriented. Use the direction of travel arrow to travel in the right direction. Turn your body until the north end of the magnetic needle is aligned with the orienting needle and you will be properly oriented to the destination on the map.



Glenwood Caverns
ADVENTURE
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HIKING TIPS

Colorado has some of the greatest hikes in the world. Before you head out on your outdoor adventure however, make sure you are prepared. Check the terrain of your hike and weather before leaving. Let someone know exactly where you'll be going, and plan out your hike with a map. Practice unpacking and repacking your backpack, and using your gear so you know how everything works before you go.

**For additional hiking tips
please visit:**

<https://americanhiking.org/gear-resources/tips-for-your-next-hike/>



HIKING TIPS

START WITH THE ESSENTIALS:

FOOTWEAR:

For short hikes, sturdy trail shoes should do the trick. However, if you are planning on going for a full day or more, hiking boots work best. Although not required we highly recommend wearing something comfortable and waterproof or Gore Tex.



MAP / COMPASS / GPS:

DO NOT rely solely on your cell phone to guide you. A considerable amount of backcountry locations in Colorado do not have cell phone service! Be sure to plan your trip on a map before you go, and always bring a compass just in case!



WATER AND PURIFICATION DEVICE:

Make sure to bring plenty of water as well as a way to purify it in case you run out. We recommend Water Purification Tabs or a preferred purification system which you can find at any outdoor retailer.






EXTRA FOOD:

Bring more food than you think you'll need, as well as food that will not spoil during your trip.



EXTRA CLOTHING:

Temperatures can drop pretty low during the nighttime in Colorado no matter the season (especially in higher elevations), so make sure to pack extra layers as well as waterproof clothing in case of rain or snow.



FIRST AID KIT / SAFETY ITEMS:

Bring a first aid kit that contains the essentials for any medical emergency. Also, bring a flashlight, sunscreen, matches, a lighter, and a whistle in case of emergency.



KNIFE OR TOOL:

Bring a small knife or tool for emergency situations. Always be prepared.





03

OUTDOOR ETHICS & ETIQUETTE

**"WILDERNESS IS NOT A
LUXURY, BUT A NECESSITY
OF THE HUMAN SPIRIT"**

EDWARD ABBEY



RAFT MASTERS

FUN ADVENTURE MEMORIES
SINCE 1989

Raftmasters.com



2804 Colorado Blvd

Idaho Springs, CO

OUTDOOR ETHICS & ETIQUETTE

A hot topic in the news over the last few years in Colorado has been the overcrowding of our sacred outdoor places such as Hanging Lake. Companies and organizations continue to recklessly promote these places without instilling the education needed to properly maintain them. We've seen a great deal of debate over these issues and how people continue to disrespect these spaces. Simply put, when it comes to recreating in the outdoors, respect is the name of the game. Nature is a gift and the outdoors are a shared space, so in a nutshell: respect other people when you encounter them, respect the environment you're sharing, respect the wildlife which shares that space as well, and most importantly:

LEAVE NO TRACE

We can't stress that last part enough.



RECREATIONAL CONFLICT

When venturing outdoors, there is a possibility that you could experience some recreational conflict with fellow travelers. Be aware of the fact that it exists because not everyone is there for the same reasons you are. It is important to always be courteous with fellow outdoor enthusiasts as you are both out there to enjoy nature for your own reasons! Be sure to pay attention to signs, follow all rules, and stay in the designated area of your activity. If you find that someone is breaking the law or you cannot resolve a conflict on your own, contact the park service or local authorities as soon as possible. Always be respectful of nature as well as other adventurers.





LEAVE NO TRACE

What do we mean by leave no trace?

Let's get back to this point, as it's one of the most important rules for venturing into the wilderness.

To protect Colorado's natural spaces, it is important to *leave no trace* when visiting these majestic areas. This means leaving the land exactly the way you found it, as if you were never there. There are a few simple steps you can take to make sure you help to sustain our natural world.





01 | PLAN AHEAD

Check the terrain and weather before your visit. Traveling in smaller groups puts less impact on the environment. Be prepared for any emergencies that you may encounter, medical or environmental.



02 | CAMP AND TRAVEL

Walk on preexisting trails in a single file to avoid damage to the surrounding area. Find a preexisting camping spot if possible or a durable surface, 200 feet away from lakes and streams. *Best Practice: A good campsite is always one found, not made.*



03 | PROPERLY DISPOSE

Pack it in, pack it out! Pack up all food, trash, and gear before leaving your campsite. Dispose of human waste by digging a 6"- 8" hole in the ground. Make sure it is at least 200 feet away from water sources, trails, or your campsite. Pack out any toilet paper or hygiene products.



04 | LEAVE WHAT YOU FIND

- Preserve the past: examine, but do not touch cultural or historic structures and artifacts.
- Leave rocks, plants, and other natural objects as you find them. Removing these can have a damaging effect on the environment.
- Avoid introducing or transporting non-native species.
- Do not build structures, furniture, or dig trenches.



05 | RESPECT WILDLIFE

Never approach or feed wild animals. This means **DO NOT** take selfies with the moose 15 feet away. Animals in the wilderness are wild and there is no predicting their behavior or the impact you may have by approaching them or being in their space. Animals are also attracted to the smell of food, so properly store and dispose of all food.



06 | RESPECT FELLOW OUTDOOR ENTHUSIASTS

Be courteous to anyone you encounter along your journey. Avoid camping near trails and other visitors, keep noise levels at a minimum, and do your best not to disturb others.



07 | IF YOU SEE SOMETHING; DO SOMETHING

Although it's not your job to patrol the lands, if you see something that might be *off* or *wrong*, it is 100% your responsibility to help educate others. Maybe it's someone leaving a fire unattended, or a fellow hiker about to hike up a mountain into a storm as you're hiking down. Whatever the case may be take it upon yourself to help your fellow adventurers learn the best practices for both self preservation, and preservation of our wilderness.



STAY THE TRAIL

- ATVs and dirt bikes can be an awesome addition to your adventure. However, trail etiquette still applies. Misuse of these vehicles can not only damage the environment, but may also negatively impact yourself and/or fellow travelers. Follow these guidelines when using an off road vehicle.
- DO NOT make excessive noise. Colorado prohibits any vehicle louder than 96dB(A). Use an appropriate exhaust system for trail riding.
- Only use routes designated for motorized vehicles. Trails that allow for these vehicles will have a sign at the beginning of the trail. If there is a red slash through the sign that means the trail is closed.
- Check the width of your vehicle before you go. Most side by side UTVs will not fit on trails. Only ride on routes that are bigger than your vehicle.
- DO NOT block trails when staging. Get out of the way of fellow riders. That goes for traveling the trails as well. Slow down when meeting other riders and make your intentions clear. Always yield to non-motorized users.
- Ride over obstacles, not around them. Riding around obstacles can cause damage to the trail and the surrounding areas.
- Always show respect to wildlife, other users, and nature. Try not to cause any negative impact during your travels!

HIKING & CAMPING ETIQUETTE

- Respect fellow hikers. This means keeping voices down.
- If going downhill, move out of the way for hikers going up. If taking a break, move out of the way of others.
- If hiking with a pet, be sure to keep it on a leash and under control. Make sure to pick up and properly dispose of any animal waste. We've seen a lot of people picking up waste and leaving it in bags on the trail. Although better than the alternative, please don't do this either. If your pet relieves themselves pick it up and pack it out.
- If hiking with children, take your time with plenty of breaks, and make sure they are getting enough shade and water.

-
- Hike single file along preexisting trails if possible. Leave wildlife alone including animals, trees, plants, and rocks.
 - Create a campsite from a preexisting fire pit if possible. Make sure your camp is 200 feet away from trails or water sources. Follow fire safety regulations and leave no trace ethics.
 - For prolonged stays in the wilderness make sure to pack up and properly store food to prevent animal encounters. DO NOT store food in your tent under any circumstances.
-

04

SAFETY & SURVIVAL

**“SURVIVAL CAN BE
SUMMED UP IN THREE
WORDS: NEVER GIVE UP.
THAT’S THE HEART OF IT
REALLY. JUST KEEP TRYING”**

BEAR GRYLLS

SAFETY & SURVIVAL

The onus here is very simple: always be aware of your surroundings. One of the best things about outdoor recreation is how it (either gently or forcefully in some cases) leads people to step outside of their comfort zone. What follows are some tips and tricks that will ensure you can be as comfortably uncomfortable as possible.

LIVE IT, LOVE IT, LEARN IT



FIRE SAFETY

One of the best ways to spend a night in Colorado is under the stars next to a campfire. But due to the dry conditions in Colorado, the mountains face a high danger of forest fires, so here are a few fire safety tips to ensure that you and our forests are protected.

! Always check fire regulations before you go.

← 10 FT →

Make sure your fire pit is far away from low hanging trees or bushes. Keep a 10 foot radius between your fire and your camping gear i.e. tents, backpacks, etc.



Never cut down trees to build a fire - only use dead pieces of wood. Put a few handfuls (small twigs and dry leaves) of tinder at the bottom of the fire pit.



Using bigger logs of wood, build a teepee with the logs, leaning them against each other. Light the tinder with a match or lighter and add more tinder as the fire grows. Blow lightly to increase the fire. Add kindling until the fire has grown then add larger logs to keep it going.

Before going to sleep at night, extinguish the fire completely. This will probably take several douses of water so be sure to bring enough or have a water source nearby. If you run out, use the shovel to cover the fire with sand. Make sure all embers, sticks, and coals are completely wet and all redness is gone from the coals. Use your shovel to move the base around to check for hidden embers.

Keep water and a shovel nearby and maintain a constant watch on the fire at all times. Wind can pick up the flames and ashes at anytime, so it is important to stay alert and keep water close.



As previously stated be sure to always check current fire regulations before you leave.

In drought conditions, campfires will be prohibited!

This is to prevent the start of forest fires.

If you're unsure about the regulations in your area of travel:

- Obtain a permit
 - Call the closest ranger station
 - Or check in with the US Forest Service
-

For up to date fire restrictions visit:

<http://www.coemergency.com/p/fire-bans-danger.html>



For more information about fire safety please visit:

<https://smokeybear.com/en/prevention-how-tos/campfire-safety>



In case of emergency or if you see a fire, please call 911 immediately. Help us protect our forests!

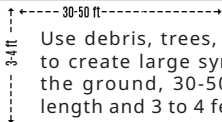
If lost in the wilderness, creating a signal can help initiate a rescue. There are several different types of signals to use.



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USING SYMBOLS



Use debris, trees, or rocks to create large symbols in the ground, 30-50 feet in length and 3 to 4 feet wide.



- Creating a “V” means that you require assistance.



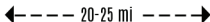
- “X” means you require medical assistance.



- Arrows pointing in a certain direction mean that you are proceeding in that direction.

A signal fire can also be a useful symbol in case of emergency. Create 3 fire bases in the shape of a triangle 30 to 50 feet apart. One should be your campfire, the others you should light as an aircraft approaches. Be cautious and make sure to keep control of your fire at all times.

A G.I. type signal mirror is the best option for rescue symbols. It can be seen from 20 to 25 miles in the air.





WATER



Find a natural water source and try to stay near it. Water needs to be purified before you drink it, one sip can contain dozens of pathogens that can make you very sick.

It is recommended that you bring a water filter and/or purifier, to ensure that your water is not contaminated. There are many different types, so be sure to choose the option that is best for your trip.



Be sure to boil your water for at least 10 minutes.

Pump filters and purifiers, gravity filters and purifiers, UV light purifiers, bottle filter and purifiers, squeeze filters, straw style, and chemical tabs.



Boiling your water in a pot is also an easy option, however, if you don't purify it long enough you can still experience sickness.



FOOD



NOTE:

Some people don't know this, but the purchase of a fishing license in Colorado also covers the cost of your search and rescue if you're lost in the wilderness or if you find yourself in need of medevac assistance. We highly recommend purchasing one whether you fish or not.

You should always pack more food than you think you need so food is not a huge priority.

If planning on finding your own food be prepared with either a gun/bow for hunting or a fishing pole for fishing. If you are planning on hunting or fishing you must have a license.



Be sure to cook anything thoroughly before you eat it.

If you run out of food and have neither of the above, anything that walks, flies, swims, or wiggles is edible.



[squirrels, fish, bugs, and worms]

DO NOT

Avoid eating any plants, berries, or mushrooms. If you are not an expert, any of these can be poisonous.



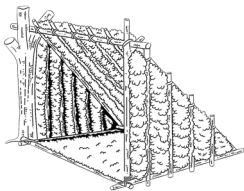
SHELTER



If you are creating your shelter, attempt to face it away from the wind and in an open field so that you may be visible.

**SHELTER
IS A HIGH
PRIORITY
FOR
SURVIVAL!**

If in the woods, lean-to shelters provide a good option. To create one, find two upright poles or trees to use as support. Use tree limbs and branches to lean against the supporting poles. Use additional branches to create a roof. Make it sturdy by banking the bottom with soil.



Try to wear waterproof clothing, and sturdy footwear.



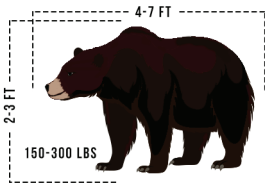
Be sure to bring enough “shelter” for your body. Layers of clothing, hats, gloves, and waterproof gear.

ALWAYS PREPARE FOR THE WORST.

BEAR ATTACK



- We highly recommend that you keep your distance from wildlife at all costs, and always carry bear spray with you whether on short hikes or long backpacking trips.
- **DO NOT** try to run away or climb a tree. Stand your ground, and back away slowly.
- Make yourself appear bigger than you are. Lift your arms above your head and spread your legs apart.
- Avoid eye contact. Never take your eyes off of the bear but do not stare at it in the eyes.
- Make noise if the bear is small. Loud noises may scare off smaller bears, but if the bear is large, it might make it more curious.
- If you have a flashlight handy, shine it in the bears eyes. This can temporarily blind the bear causing it to leave.
- DO NOT play dead. Black bears which are most common in Colorado, are predatory bears and although this may work for other kinds, it will only entice a black bear into further attack.
- If a black bear charges and attacks you, fight for your life. Try to protect your face and neck, and use anything you can as a weapon including rocks, sticks, and any belongings that you may have.
- Aim for its sensitive areas, mainly its snout or eyes. Showing aggressiveness back to a black bear can often lead to intimidation and the bear retreating.



- Try to move uphill as you strike - preferably with a stick or rock. Fighting on a slope will give you the best chance for survival, and will maintain a power of position over a bear or other animal.

MOUNTAIN LION ATTACK



Mountain Lions also roam the mountains of Colorado. Your reaction to a mountain lion attack should be slightly different than a bear attack.

Try to follow the steps below:



1. **DO NOT** turn your back to the mountain lion or try to run away. This might cause an attack.
2. Make yourself look bigger by raising your arms and waving them around.
3. Make loud noises and speak in a firm, loud voice.
4. If it begins to move in your direction, throw anything available at it such as rocks or sticks, without crouching down or bending over.
5. If the mountain lion attacks, fight for your life. Use whatever you can as a weapon including rocks, sticks, and anything you brought with you. Protect your neck, that is where the animal will attempt to strike you.



OTHER WILDLIFE ENCOUNTERS



Do not disturb wildlife. Do not honk, yell at, or harass any animals. Know that the road and trails do not belong to you, so maintain a safe distance away.



Do not try to feed or touch wild animals. This is not only a danger to you for the risk of an attack, but feeding the animals may make them sick.



DO NOT

try to take selfies with the animals. If photographing wildlife, stay a good distance away and do not use a flash, or take excessive photos that might disturb them.



If the animal is reacting to you, you're too close!

If you come across an injured or abandoned animal, leave the animal alone and alert appropriate authorities like a park ranger, department of wildlife, etc.

If you use deet bug spray, do not enter natural water resources. This can have a damaging effect on the water and the animals that live in or consume it.

It is important for wildlife to stay wild in order to survive, so always leave them undisturbed in their natural environment! It is their home not yours. **SO BE RESPECTFUL!**



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(719)-378-2612

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AVALANCHE RESOURCES

Whether you are big into backcountry riding or not, if you venture into the great outdoors at any time of the year you should have a general sense of avalanche danger in Colorado. **For more detailed information we recommend taking some avalanche awareness courses.**

There are two main types of avalanches:

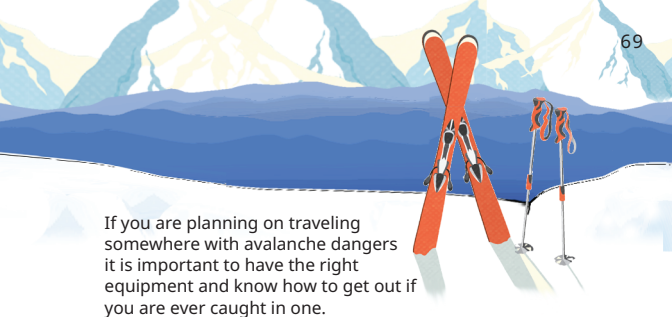
1. **SLAB:** when a slab of snow releases over a wide spread area.
2. **SLUFF:** when loose snow releases at a point and fans out as it falls.

Conditions susceptible to avalanche dangers:

SLOPE: Avalanches mostly occur at slopes steeper than 32 degrees. Most expert ski runs are steeper than 35 degrees. If your slope is less than that, check to see if it is connected to steeper terrain.

SNOWPACK: Recent avalanches, wind blown snow, cracks, and weak layers are all signs of unstable snowpack.

TRIGGERS: Several factors can trigger an avalanche. Watch out for heavy rain or snowfall within the last 24 hours, wind blown snow, and increasing temperatures.



If you are planning on traveling somewhere with avalanche dangers it is important to have the right equipment and know how to get out if you are ever caught in one.

1

Always have the right gear and equipment. A beacon, shovel, and probe should be the basis of your backcountry quiver.

2

If caught in an avalanche, attempt to get off of the slab and hang onto the downhill side of trees.

3

If you are skiing or snowboarding, discard skis, poles, and board.

4

Roll onto your back with your feet facing downhill. Swim hard and attempt to grab trees and dig into the bed surface.

5

As the snow slows, attempt to put your head above the snow, giving you breathing room.

6

If completely buried and possible, before the snow settles, push yourself an air pocket in front of your face. Try to remain calm. At this point it is up to your partner to perform a rescue.

For avalanche conditions in a specific area, please visit:

<http://www.fsavalanche.org/get-the-forecast/>



Or call -877-315-ROAD (or 303-639-1111)

Please keep in mind that avalanche dangers can affect road conditions as well.

RECREATIONAL RESPONSIBILITY

The most important thing to consider when taking all of this advice into account is the role that you, boundless wanderer, play. Every time you set foot into the wilderness that we have all been gifted with, you leave a footprint. How large or small that footprint may be is completely up to you. It is our responsibility to enjoy this wonderful natural playground as sensibly as possible so that our children, our children's children, and even their children after them are afforded the same opportunity to bask in the wonder and enlightenment offered by nature. Nobody should be denied such an experience when they decide to seek it, and it's up to all of us to ensure that preservation endures for the generations to come. Now get out there and live some culture...what are you waiting for?

DID YOU KNOW?

- The 13th step of the State Capital building in Denver is exactly 1 mile high above sea level.
- Denver International Airport (DEN) is the largest airport in the United States by total area. Its runway 16R/34L is the longest public use runway in the United States.
- Colorado is the only state that is not a right-to-work state in the USA.
- Colorado is the only state whose geological symbols reflect the national flag's colors: red (rhodochrosite), white (yule marble), and blue (aquamarine).
- Colorado, with the highest mean elevation of any state as well as the highest low point, is considered to be the "highest state."

- The Dwight Eisenhower Memorial Tunnel between Clear Creek and Summit counties is the highest auto tunnel in the world. Bored at an elevation of 11,000 feet under the Continental Divide it is 8,960 feet long and the average daily traffic exceeds 26,000 vehicles.
- Every year Denver hosts the world's largest odeo, the Western Stock show.
- Denver has the largest city park system in the nation with 205 parks in City limits and 20,000 Acres of parks in the nearby mountains.



**“Two roads diverged in a
wood, and I - I took the
one less traveled by, and
that has made all the
difference”**

Robert Frost

THANK YOU

Thank you for joining us for Colorado's cultural adventure. In your hands you hold the key. You now have a guide to the entire state at your disposal, so the only question that remains is: which road are you going to take?

