



# CONTINENTAL DIVIDE TRAIL COALITION

# COVID-19

# RECOMMENDATIONS

## General Guidance

If you are exhibiting symptoms of COVID-19 or may have been exposed, please **STAY HOME**.

If you are healthy and want to recreate on the Continental Divide Trail, **please follow all guidance from local, state, and federal health officials**, which you can find below.

If you plan to visit the CDT this year, we recommend that you take the following steps. These are the same steps (among others) that CDTC is taking to safely carry out staff and volunteer projects on the trail:

1. **Bring a mask and enough hand sanitizer to keep yourself and others safe when near others, on or off the CDT.** In communities along the trail, be respectful and mindful of any local guidelines. **Wash your hands, wear your mask in public, and stay 6 feet from others.**
2. **Pick the right route.** Check the Closures and Alerts on the CDTC website and have a Plan B in case you arrive to a full parking lot or otherwise crowded area. **Observe all local and state travel restrictions and recommendations.**
3. **As always, be prepared so you can leave no trace.** Trash cans, trailhead restrooms, and other facilities may be closed. Bring a trowel to bury #2s and bring a trash bag or ziploc to **pack out ALL of your trash!**
4. **Download or print our free maps** for the area you'll be traveling in and **bring a first aid kit** that you are prepared to use. Search and rescue may have limited resources.

No vacation is worth compromising the safety of others. And remember – the trail is not going anywhere. The CDT will be waiting for you when life returns to some semblance of normal.

To find CDT closure and resources:

- **CDTC Closures and Alerts:** <http://continentaldividetrail.org/about-the-trail/cdt-fire-incidents-and-information/>
- **CDT Maps:** <https://continentaldividetrail.org/maps/>

To check the current public health orders regarding group sizes and mask mandates in Idaho & Montana, head to:

- **ID State Guidelines:** <https://coronavirus.idaho.gov/idaho-resources/>
- **MT COVID-19 Taskforce:** <https://covid19.mt.gov/index>