



# A Guide for Hikers and Backpackers in the White Mountain National Forest

# On Foot

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## Your White Mountain National Forest in New Hampshire and Maine is a rich and varied resource.

From clear mountain streams and hardwood forests, to rocky ledges and windswept alpine ridges, the Forest provides habitat for wildlife, water, wood, and a place for all of us to relax and enjoy the outdoors.

There are more than 1,200 miles of hiking trails in the White Mountain National Forest with trails to match every ability level. This trail network includes portions of the Appalachian Trail, a 2,170-mile footpath stretching from Georgia to Maine.

A safe and enjoyable hiking trip begins well before your boots hit the dirt. Careful planning is the key to any mountain excursion, whether day hiking or backpacking, so plan ahead and know before you go!

Plan your route in advance by studying maps of the area. Plan alternate routes in case of bad weather. Maps and guidebooks are available at most outdoor sporting goods stores and Ranger Stations.

It takes knowledge, planning and care to ensure a safe and fun hiking or backpacking trip. We hope this guide will help get you on your way. **Happy hiking!**



## hikeSafe: There and Back.

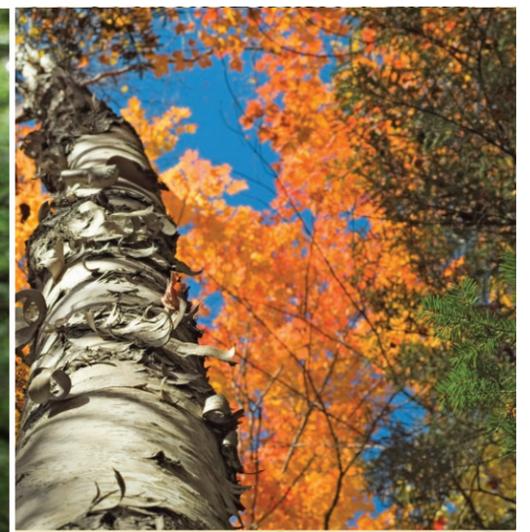
By following the guidelines of hikeSafe, you can be fully prepared for a hike. Being prepared is the key to having a safe and enjoyable day in the mountains. Here you'll find help in planning ahead—from the equipment you'll need and weather to be prepared for—based on the seasons—to what to do if you're lost or separated from your group.

Before you set out, take steps to make sure you don't become lost. Learn how to use a map and compass. Call ahead, read a guidebook and study maps of the area you'll be hiking to become familiar with trails, roads, rivers, streams, mountains, and other features. Use these as reference points as you hike. Once you've determined your route, leave your trip plan with family and friends—then make sure you stick to this plan.

“Get out there... and ramble out yonder, and explore the forest, climb the mountains, bag the peaks, run the rivers, breathe deep in that yet sweet lucid air, sit quietly for a while and contemplate the precious stillness, the lovely, mysterious and awesome space.”

Edward Abbey,  
The House on Your Back





# Rules & Regulations



## Hiker Responsibility Code

**You are responsible for yourself, so be prepared:**

**1. With knowledge and gear.** Become self reliant by learning about the terrain, conditions, local weather and your equipment before you start.

**2. To leave your plans.** Tell someone where you are going, the trails you are hiking, when you'll return and your emergency plans.

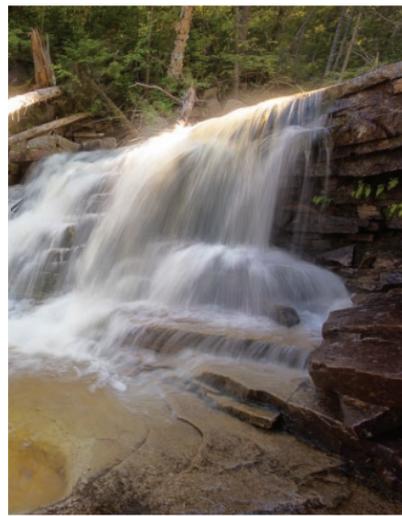
**3. To stay together.** When you start as a group, hike as a group, end as a group. Pace your hike to the slowest person.

**4. To turn back.** Weather changes quickly in the mountains. Fatigue and unexpected conditions can also affect your hike. Know your limitations and when to postpone your hike. The mountains will be there another day.

**5. For emergencies, even if you are headed out for just an hour.** An injury, severe weather or a wrong turn could become life threatening. Don't assume you will be rescued; know how to rescue yourself.

**6. To share the hiker code with others.**

**hikeSafe:**  
It's your responsibility.



### Recommended clothing and equipment for White Mountain hikers and campers

**Weather in the White Mountains can change quickly. Even in summer you may experience winter conditions at higher elevations.**

**Ten essential items you should carry on every trip:**

1. Map
2. Compass—Be sure you know how to use your map and compass before you go!
3. Warm clothing including hat and gloves
4. Extra food and water
5. Flashlight or headlamp
6. Matches/firestarters
7. First aid kit/repair kit
8. Whistle
9. Rain/wind gear
10. Pocket knife



**Add for overnight trips:**

- Sleeping bag and pad
- Tent or tarp
- Cooking stove and fuel
- Extra food and water

**Add for winter:**

- Extra warm clothing
- Balaclava
- Insulated boots
- Overmitts
- Snowshoes and or traction such as microspikes

**Other items to consider:**

- Space blanket
- Medication
- Watch
- Guidebook
- Insect repellent
- Sunscreen
- Sturdy Footwear
- Extra socks
- Extra Batteries

**For above treeline and avalanche terrain:**

- Crampons
- Face mask
- Ice axe
- Insulated Pants
- Goggles
- Shovel
- Probe
- Avalanche transceiver

### Backcountry camping rules (Forest Protection Areas)

Because of damage from over-use, visual pollution and to prevent damage to fragile areas, some restrictions are in effect. Check the WMNF Backcountry Camping brochure for current restrictions or ask at any Forest Service office.

### Wilderness

These Congressionally designated areas are set aside to provide solitude, primitive recreation and areas "untrammled by man..." Special restrictions include: no motorized equipment and group size must be limited to 10 or less.

### Fires

Permits to build fires are not needed on the National Forest. Fires are allowed unless otherwise prohibited, but backpacking stoves are strongly encouraged. Fires are not allowed above the treeline.

If you will be camping on private land, always obtain permission of the landowner and a fire permit from the local fire warden.

### Recreation Pass

The Recreation Pass program supports recreation across the Forest. Your purchase of a White Mountain National Forest recreation pass helps support facility improvements, education efforts such as the hikeSafe program, and trail maintenance.

### Groups

If you are leading a group and collecting money for the trip, you may need an outfitter guide permit. Contact any Ranger Station for more information.

-For more information:  
[www.fs.usda.gov/whitemountain](http://www.fs.usda.gov/whitemountain)

**CAUTION** As idyllic as the White Mountains seem, we do sometimes have problems with auto break-ins. It pays to be cautious. To help prevent car break-ins: Don't leave your itinerary on the windshield of your car. Instead, leave your itinerary with someone back home. Let them know where you are going, what trails you plan to hike and how long you will be out. Avoid leaving valuables inside your car at trailhead parking areas. Empty the glove compartment and leave it open to show that nothing is inside. Don't park your car with the trunk backed toward the woods. If your car has been vandalized, call the police.

# Stepping Safely

Hikers need to be prepared for emergencies, and prevention is definitely the easiest way to go!

## Electronic Devices

Cell phones, GPS and other technology can be a great help—but don't rely on them to keep you safe. Cell phones don't work in many locations on the National Forest, and even when they do, help can be a long ways away. Always be prepared to help yourself and hikeSafe!

## Weather

White Mountain weather can be harsh and changeable. Expect the worst and enjoy the best! Rain, snow and fog are possible at any time of the year. Remember that weather in the mountains is colder and more severe than in the valleys. Always check the forecast before you leave.

## Hypothermia

The lowering of your body's core temperature below normal can lead to confusion, loss of consciousness and death—even in summer! Early signs of hypothermia may be as mild as a slight sensation of chilliness, and trouble using your hands for simple tasks. Later signs can include uncontrolled shivering, unconsciousness and death. Prevent hypothermia by having warm clothes and dressing in layers to adjust temperatures as needed. Keep dry with high quality wind and rain gear: your body loses heat three times as fast when it's wet. Drink plenty of fluids, eat many small meals throughout the day, and avoid alcohol and caffeine. The group's pace should always be set by the slowest hiker. ALWAYS keep your group together. If anyone in your group is having difficulty, stop, rewarm him or her... AND NEVER BE AFRAID TO TURN BACK.

## Heat

Overexertion on hot summer days can lead to heat injuries. Heat exhaustion will leave you feeling tired, nauseous, dizzy and headachy. Rest, rehydration and a good night's sleep are the treatment for heat exhaustion. Heat stroke is a life-threatening illness. Symptoms include confusion, delirium and loss of consciousness. The skin may feel hot but dry as the body's cooling mechanism fails. This is a true emergency. Cooling the patient immediately is essential. Both heat exhaustion and heat stroke can be prevented by avoiding overexertion on hot days. Pace yourself, rest often and drink plenty of water throughout your hike. You'll know that you've drunk enough water if your urine is "clear as mountain spring water."

## Lightning

Yes, it can strike twice! Pay attention to weather forecasts and avoid being caught on exposed ridges or above treeline as thunderstorms approach. Know an escape route in case fast-moving storms catch you off-guard. If you do get caught in the open, spread out to minimize the likelihood of multiple injuries.



## Medical Emergencies

Avoid over-stressing yourself or anyone in your group. Set a comfortable pace, rest often and drink plenty of water. If an emergency occurs: Stay calm. If possible, have one person stay with the injured hiker, and send two people to the nearest staffed facility or phone with full information on the problem.

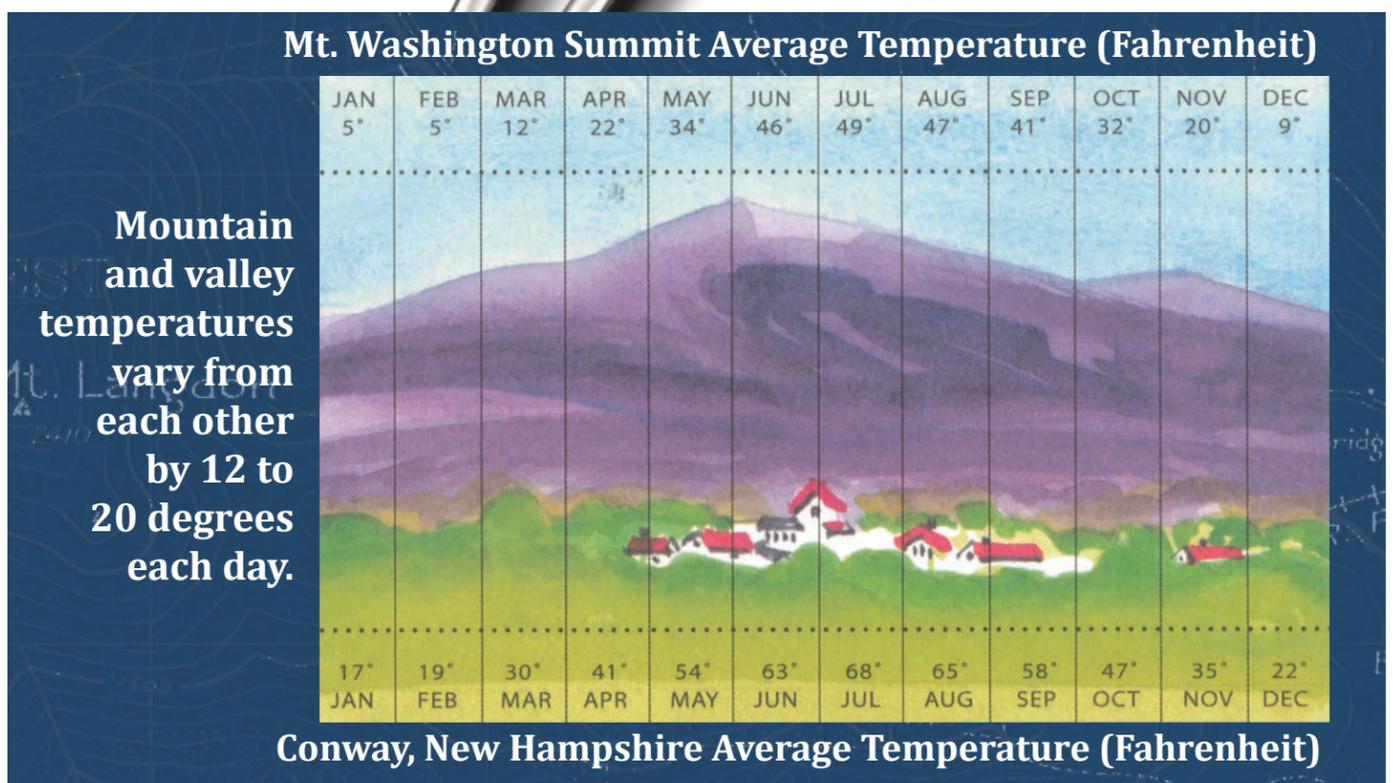
**Call 911** - Give the location of the injured person and the nature of the injury.

## Water Crossings

In spring and after heavy rains, streams can change from trickles to torrents, quickly making crossings difficult. If you ford a stream, be extremely careful. Keeping your boots on will give you better footing and prevent your feet from going numb from the cold water. Unbuckle your pack's waist belt before starting. Use common sense. If in doubt don't cross.

## Bugs

Black fly season usually runs from late spring to early summer. A good insect repellent will help keep the worst of the biters away. (Some people claim that eating raw garlic will also do the trick!) Lyme disease has been reported in New Hampshire and Maine. A good insect repellent will help repel ticks, and the threat of disease can be minimized by quick removal of any attached ticks.



# The Shelters and Cabins of the

## Shelters

SHELTER (MAINTAINER)	APPROACH/TRAILS	FACILITIES (CAPACITY)
Baldface Shelter (WMNF)	2.3 mi. from Baldface Circle Trailhead, below ledges of South Baldface	Lean-to (6), Tenting
Beaver Brook Shelter (DOC)	Beaver Brook Trail (AT): 1.5 mi. from Rt. 112	Lean-to (8), 2 platforms (9)
Blue Brook Campsite (WMNF)	Basin Trail from Wild River CG: 2 mi. to side trail, 0.3 mi. to site	3 Tent Pads (9)
Camp Penacook Shelter (WMNF)	3.1 mi. from the Piper Trailhead	Lean-to (8), tents pads (4)
*Camp 13 (13 Falls) (AMC)	Franconia Brook Trail: 5.1 mi., 2.7 mi. from Galehead Hut	9 tentsites (36)
Carlo Col Shelter (AMC)	Carlo Col Trail: 2.3 mi.	Lean-to (12), 5 platforms (25)
Dry River Shelter #3 (WMNF)	6.3 mi. from US 302, 1.5 mi. north of Jct. of Dry River and Isolation (west)	Lean-to (8)
Coppermine Shelter (WMNF)	Coppermine Trail: 2.5 mi.	Lean-to (7), tenting
Eliza Brook Shelter (AMC)	Kinsman Ridge Trail: 7.5 mi. from Rt. 112	Lean-to (6), tenting (8)
*Ethan Pond Shelter (AMC)	Ethan Pond Trail: 2.8 mi. from Willey House (US 302)	Lean-to (6), 5 platforms (20)
Flat Mtn. Pond Shelter (WMNF)	4.8 mi. from Bennett Street; 5.3 mi. from Whiteface Intervale	Lean-to (8), tenting
Franconia Brook Campsite (WMNF)	East Side Trail: 2.7 mi.	18 Tent Sites
Full Goose Shelter (AMC)	Mahoosuc Trail: 20.8 mi.; Notch Trail & Mahoosuc: 3.7 mi.	Lean-to (8), 4 platforms (17)
*Garfield Ridge Campsite (AMC)	Garfield Ridge Trail: 5.0 mi.	Lean-to (10), 7 platforms (21)
Gentian Pond Campsite (AMC)	Mahoosuc Trail: 11.4 mi.	Lean-to (12), 4 platforms (24)
*Guyot Shelter (AMC)	Twinway from Galehead Hut: 3.6 mi.; Wilderness Trail & Bond Cliff Trail: 11 mi.	Lean-to (12), 7 platforms (18)
*Hermit Lake Shelter (AMC)	Tuckerman Ravine Trail: 2.4 mi. Registration required at Pinkham Notch Visitor Center.	8 Lean-tos, 3 platforms (86 total)
*Imp Campsite (AMC)	Carter-Moriah Trail: 6.8 mi.; from Carter Hut: 6.2 mi.	Lean-to (12), 5 platforms (20)
Jeffers Brook Shelter (DOC)	Town Line Trail (AT, from Rt. 25): 1.1 mi.	Lean-to (8)
*Kinsman Pond Shelter (AMC)	Kinsman Pond Trail: 11.5 mi.; Basin-Cascades Trail & Kinsman Pond Trail: 4 mi.	Lean-to (12), 4 platforms (16)
*Liberty Springs Campsite (AMC)	Liberty Springs Trail: 2.4 mi.	10 platforms (44)
*The Log Cabin (RMC)	Lowe's Path: 2.5 mi.	Lean-to (10)
Mountain Pond Shelter (WMNF)	Mt. Pond Loop Trail (from Slippery Brook Rd.): 1 mi.	Lean-to (6)
*Nauman Tentsite (AMC)	Crawford Path & Mizpah Cut-off: 2.5 mi.; next to Mizpah Hut	7 platforms (30)
Osgood Campsite (WMNF)	Great Gulf Trail & Osgood Trail: 2.5 mi.	4 platforms (16)
*The Perch (RMC)	Randolph Path & Perch Path: 5.3 mi.; no fires allowed	Lean-to (8), 4 platforms (16)
Province Pond Shelter (WMNF)	Province Brook Trail: 1.6 mi.	Lean-to (6)
Rattle River Shelter (WMNF)	Rattle River Trail: 1.7 mi.	Lean-to (8), 4 tent pads (12)
Rocky Branch Shelter #1 (WMNF)	Rocky Branch Trail (from Jericho Rd.) 2 mi.;	Lean-to (3), 3 platforms (12)
Rogers Ledge Tentsite (WMNF)	Kilkenny Ridge Trail (from South Pond Rd.): 4.7 mi.	Tenting (8)

\*Caretaker may be on site and a fee may be charged. Please contact the Appalachian Mountain Club (AMC) or Randolph Mountain Club (RMC) for more information.

# White Mountain National Forest

Sawyer Pond Campsite (WMNF)	Sawyer Pond Trail: 4.5 mi. from Kanc; 1.5 mi. from Sawyer River Rd.	Lean-to (8), 6 platforms (20)
*Speck Pond Shelter (AMC)	Speck Pond Trail: 3.7 mi.; Mahoosuc Trail: 26.1 mi.	Lean-to (8), 6 platforms(30)
Spruce Brook Campsite (WMNF)	Wild River Trail: 3.2 mi. from Wild River Campground	2 platforms(8)
Three Ponds Shelter (WMNF)	Three Ponds Trail: 2.5 mi.	Lean-to (10), tenting
Trident Col Tentsite (WMNF)	Side path from Mahoosuc Trail: 6.6 mi.	4 Tentsites (16)
Unknown Pond Tentsite (WMNF)	Unknown Pond Trail (from York Pond Rd.): 3.3 mi.	Tentsites (16)
Valley Way Tentsite (WMNF)	Valley Way Trail: 3.1 mi.	4 Tent pads (12)

## Cabins

CABINS	LOCATION	FACILITIES (CAPACITY)
Black Mt. Cabin (WMNF)	Black Mtn. Ski Trail: 1.4 mi.	Wood Stove, water from spring is not reliable (8). Cabin fee charged. Reservations, <a href="http://www.recreation.gov">www.recreation.gov</a>
Cabot Cabin (WMNF)	Bunnell Notch to Mt. Cabot Trail: 4.6 mi.	Water is unreliable (8). No fee; no reservations.
Crag Camp (RMC)	Randolph Path to Spur Trail: 3.2 mi.	Caretaker in summer (20). Group size limit is 10. Fee charged per person/per night; no reservations.
Doublehead Cabin (WMNF)	Doublehead Ski Trail: 1.8 mi.	Wood Stove, no water (8). Cabin fee charged. Reservations, <a href="http://www.recreation.gov">www.recreation.gov</a>
Gray Knob (RMC)	Lowe's Path: 3.2 mi.	Winterized; Caretaker all year (15). Group size limit is 10. Fee charged per person/per night; no reservations.
Harvard Cabin (Harvard Mountaineering Club)	Tuckerman Ravine Trail to Huntington Ravine Trail: 1.7 mi.	Open Dec. 1–Mar. 31. A sign-in/registration book is located at Pinkham Notch Visitor Center. (16) inside cabin, (16) tents. Cabin/tenting fee charged per person/per night; no reservations.
Jim Liberty Cabin (WMNF)	Liberty Trail: 3.3 mi.; 0.5 mi. south of Mt. Chocorua	Water is scarce in dry weather, no stove (9). No fee; no reservations.
Radeke Cabin (WMNF)	Kancamagus National Scenic Byway: 14 Miles West of Conway, NH	Wood Stove, no water, Cabin fee charged; Reservations, <a href="http://www.recreation.gov">www.recreation.gov</a>





## Land Above the Trees Hiking and Camping in the Alpine Zone

With 8 square miles of land above the treeline (where trees are less than 8 feet tall), the White Mountain National Forest contains the largest alpine area east of the Rocky Mountains and south of Canada. This beautiful but fragile landscape of ragged alpine plants needs your help. Please: Don't be a tundra trampler! Stay on the trail or step carefully from rock to rock, avoiding any plants. Camp below treeline, or only where snow is 2 or more feet deep. Use a backpacking stove. Wood fires are not allowed above treeline. Help protect the alpine zone. It's a tough place to grow.

## Volunteer in your forest

If you enjoy people and care about our country's natural resources, the Forest Service needs your time and talents. Whether alone or with a group, Forest Service volunteers enjoy work that fits their interests and schedule.

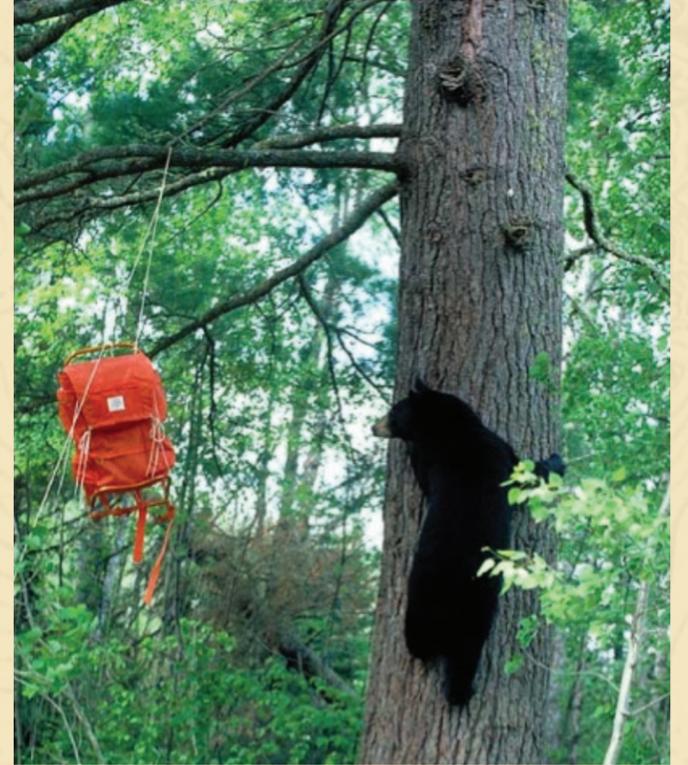
Some work full-time for several months, while others donate a few hours a day each week, or contribute a one-time service. Many individuals have found that their volunteer experience has guided them towards job interests and possible careers. Retirees or others with skills to share often find that a volunteer position provides them with a nice change of pace. Give something back by volunteering with the White Mountain National Forest!



## Be Responsible with Dogs

If you bring your dog hiking, have it under verbal or physical restraint at all times. Be considerate of other hikers. Carry a leash and use it when around other people, or as necessary, and don't forget to clean up after your dog.

Dogs are a lot like people. Hiking is hard work. If your dog has spent the winter lying on the couch, you can't expect him to be a "super dog" out on the trail. Hiking above treeline, or on rocky, exposed trails can be especially hard on a dog's paws. Keep in mind that most dogs won't demonstrate pain or exhaustion until it is severe. **Watch your dog for signs of stress and fatigue, making sure to give him plenty of rest and water as needed.**



## Are You Prepared for Bears?

### Traveling in Bear Country

Black bears are abundant in some areas of the National Forest. They have been known to visit shelters and tent platforms.

You can prevent bear/people conflicts by following these guidelines:

**Don't feed the bears!**

**Be careful with food scraps.**

- Pack out everything you pack in. Don't bury food since it will attract animals.

**Use a Bear Canister**

- Canisters are available free of charge at our ranger stations. Please inquire.

**Store anything with a scent including toiletries 10 feet up and 5 feet out on a tree limb that cannot support a bear.**

- Hanging food will also protect it from additional predators like mice and squirrels.

**Keep cooking and sleeping areas separate.**

**Don't approach bears to take pictures.** Remember that bears are wild and unpredictable animals. Use a telephoto lens if you want close-up pictures.

**If you do meet a bear,** you'll probably only get to see its back end running away! If you're lucky enough to see one face forward, a little noise on your part will probably send it running. If the bear stays, slowly move away and give it plenty of space. Do not run from the bear.

## Wildlife

A wide variety of wildlife including frogs, turtles, snakes, birds and mammals live in the Forest. If you walk quietly, you may see many animals or signs of animals along the trail. Most likely, you'll see red squirrels, chipmunks and lots of birds. If you are lucky enough to see animals in the wild, never approach them too closely. Give them plenty of space and respect.



## Winter is a Wonderful Time in the White Mountains

### Winter on Mount Washington

- Average winter winds: 45 MPH, with regular gusts greater than 100 MPH!
- Record low: -47 °F
- Mid-winter average: 4.8 °F  
There is snow and mountain fog on two out of three winter days.

## Winter Equipment

In addition to regular summer gear, add:

1. Heavier weight clothes: wool or polypropylene. (Avoid cotton it won't keep you warm if it gets wet. Layers will keep you warmer than one heavy coat. Extra hat and mittens may save your life.)
2. Winter boots: Felt pacs, double mountaineering boots. Your summer boots won't keep you warm in winter, if an emergency forces you to stop.
3. Ice axe and crampons for above treeline.
4. Emergency bivy sack or sleeping bag.
5. Heavy duty wind and rain gear.
6. Goggles
7. Avalanche transceivers, probe and shovel, if traveling in avalanche zones.

For avalanche advisories and more information about Tuckerman and Huntington Ravines, go to:  
[www.mountwashingtonavalanchecenter.org](http://www.mountwashingtonavalanchecenter.org)

The stillness of the winter woods provides peace and solitude unlike any other time of year.

Winter hiking and climbing take special preparation and planning. You must be prepared for extremes of cold, wind, snow and even rain. Skis or snowshoes are almost always needed. (Even if there isn't much snow at the start of your trip sudden storms can quickly change that.) For above-treeline trips an ice axe and crampons are necessities.

### Winter Hazards

Before striking out in winter, it's a good idea to be experienced with summer hiking and camping. A minor injury can become life-threatening in the harsh winter environment. Be sure that someone knows your trip plans. Avalanches and ice fall are winter hazards, especially in steeper ravines. Someone in your group should at least have a basic knowledge of avalanche safety. Forest Service Snow Rangers post avalanche forecasts/advisories for Tuckerman and Huntington Ravines. Warnings are posted at Pinkham Notch Visitor Center, Tuckerman Ravine, and are also available on the internet. **Heed the warnings—they could save your life.**



# Leave No Trace

Thousands of visitors to the White Mountains have a tremendous impact on the land. It's up to all of us to minimize our impact, to travel softly, leaving no trace of our visit so that future generations can enjoy the woods and mountains we all love. Be a low-impact hiker by following these Leave No Trace Principles:

## Plan Ahead and Prepare

Know the regulations and special concerns for the area you'll visit.

Prepare for extreme weather, hazards and emergencies.

Visit in small groups. Split larger parties into groups of 4-6.

## Travel and Camp on Durable Surfaces

Durable surfaces include established trails and campsites, rock, gravel, dry grass or snow.

Protect riparian areas by camping at least 200 feet from lakes and streams.

Good campsites are found, not made. Altering a site is not necessary.

## In popular areas

Concentrate use on existing trails and campsites.

Walk single file in the middle of the trail, even when wet or muddy.

Keep campsites small. Focus activity in areas where vegetation is absent.

## In pristine areas

Disperse use to prevent the creation of campsites and trails.

Avoid places where impacts are just beginning.

## Dispose of Waste Properly

Pack it in, pack it out. Inspect your campsite and rest areas for trash or spilled foods. Pack out all trash, left-over food and litter.

Deposit solid human waste in catholes dug 6 to 8 inches deep at least 200 feet from water, camp and trails. Cover and disguise the cathole when finished.

## 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.

Avoid introducing or transporting non-native species.

Do not build structures, furniture, or dig trenches.

## Minimize Campfire Impacts

Campfires can cause lasting impacts to the backcountry. Use a lightweight stove for cooking and enjoy a candle lantern for light.

## Respect Wildlife

Observe wildlife from a distance. Do not follow or approach them.

Never feed animals. Feeding wildlife can damage their health, alters natural behaviors and exposes them to predators and other dangers.

Protect wildlife and your food by storing rations and trash securely.

## Be Considerate of Other Visitors

Respect other visitors and protect the quality of their experience.

Be courteous. Yield to other users on the trail.

Let nature's sounds prevail. Avoid loud voices and noises.

For more information

go to: [www.lnt.org](http://www.lnt.org). Also see the **White Mountain National Forest Backcountry Rules**.



“It is inconceivable to me that an ethical relation to the land can exist without love, respect, and admiration for land and a high regard for its value. By value, I of course mean something far broader than economic value...”

**Aldo Leopold,  
A Sand County Almanac**

## Forest Service Ranger Stations

**Forest Supervisor's Office  
White Mountain  
National Forest**  
71 White Mountain Drive  
Campton, NH 03223-4272  
603-536-6100

**Pemigewasset  
Ranger Station**  
71 White Mountain Drive  
Campton, NH 03223-4272  
603-536-6100

**Androscoggin Ranger Station**  
300 Glen Road  
Gorham, NH 03581-1399  
603-466-2713

**Saco Ranger Station**  
33 Kancamagus Highway  
Conway, NH 03818  
603-447-5448

Visit our website:  
[www.fs.usda.gov/whitemountain](http://www.fs.usda.gov/whitemountain)

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*To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html) and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).*

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