

Biodegrade Facts

How long does it take the following to degrade?

Toilet paper	2-5 months
Plastic bags	10-20 years
Orange peels	180 days
Glass bottles	1 million years
Plastic bottles	Forever
Aluminum cans	80-100 years
Plastic 6-pak holder	400 + years
Cigarette butts	1-12 years
Tin cans	50-100 years
Wool socks	1-5 years

Please carry a litter bag with you in your saddle or pommel bag. Keep our trails clean and pleasant for everyone to enjoy!

Carry the 10 Essentials for Survival

1. Water
2. Space blanket or plastic garbage bag (to keep warm or dry)
3. Whistle/signal mirror
4. First Aid Kit (human and horse)
5. Pocket knife/multitool
6. Waterproof matches
7. Fire starter or candle
8. Compass
9. Map
10. Extra food (protein bars, jerky etc.)

Supplement the essentials with:

Duct tape
Two-way radio, cell phone, or flare
Plastic tarp and rope for shelter
Flashlight or headlamp

See also <http://capitolriders.org/lists.htm> for additional items to carry.