The following are just a sample of the most common refuge regulations. A full account of refuge regulations may be found in Title 50 Code of Federal Regulations, sections 25 thru 32.

The refuge is open every day from sunrise to sunset.

Public access is restricted to designated trails (except within the Wilderness Area east of Long Hill Rd).

No pets allowed except, on a leash, on Pleasant Plains Road, in the parking areas, and on that portion of the powerline right-of-way near the White (Laurel) Trail that is open to the public. They are not allowed on refuge trails or in the Wilderness Area.

Bicycles are allowed on Pleasant Plains Road and the parking areas. They are not allowed on refuge trails or in the Wilderness Area.

Collection of plants or animals (whether alive or dead) is prohibited.

Fishing is prohibited.

Hunting is prohibited, except by special permit during the refuge's annual deer hunt.

Alcohol is prohibited.

Individuals are lawfully allowed to possess a firearm within the boundaries of a National Wildlife Refuge in accordance with federal, state and local firearm laws.

Releasing any kind of plant or animal on the refuge is prohibited.

Area open sunrise to sunset.

All trails accessible to wheelchairs and strollers, with the exception of the last 0.11 mile leading to the Friends blind.