

PLANNING A WILDERNESS TRIP

Prior to any trip, take the time to WRITE DOWN a comprehensive PLAN to include the following:

- Destination
- Departure Time and Date
- Expected Return Time and Date
- Type of Activities Planned
(And the route you intend to take)
- Needed Supplies
- Needed Clothing and Foot Gear
- In-Case-of-Emergency Considerations
- Personal Description (including clothing worn)
- Vehicle Description, Plate Number and Planned Parking Location
- Any Medical or Physical Disorders; Medications
- Leave this plan with a reliable person who could notify the authorities, on a timely basis, in case of a suspected emergency. Leave a copy of this plan on the dashboard of your vehicle

THE TEN BARE ESSENTIALS OF WILDERNESS TRAVEL

Don't forget to put these Ten Bare Essentials in your pack:

1. **Navigation Aids:** Topographic Map; Compass; GPS; and Mobile Phone
2. **Sun Protection:** Hat; Sunglasses; Sun Screen; Lip Balm
3. **Extra Clothing:** Wool Hat; Gloves; Socks; Rain Gear
4. **Illumination:** Small Flashlight or Headlight with Spare Batteries; Fire-Starting Materials; Waterproof Matches; Candle
5. **First-Aid Kit:** Needles; Thread; Safety Pin; Fishing Line; Duct Tape; Medications
6. **Knife or Multi-Tool**
7. **Hydration:** Water
8. **Nourishment:** Extra Food; Energy Bars; Trail Mix
9. **Emergency Shelter:** Space Blanket; Bivy Sack
10. **Communication Aids:** Whistle; Signal Mirror; PLBs, Satellite Messengers; Mobile Phone

WHAT TO DO WHEN HOPELESSLY LOST

When hopelessly lost, do the following,
UNLESS there are sound reasons
to do otherwise:

- Stay in the location where you first realized that you were lost.
- Send off emergency signals: **THREE** shots, and/or whistle blows. Pause, then repeat.
- Make a fire IF conditions permit.
- Stay warm and dry as possible.
- Make and consume warm/hot liquids as circumstances allow. Even hot water is good.
- If necessary, make a very simple shelter. Protection from high winds and cold rain are the main concerns. If there is sufficient snow cover on the ground, use a stick to cut blocks to set up a square, small, seating shelter. Use pine branches for insulation under feet, seat, and behind your back.
- **DON'T PANIC!**



Santa Fe Search and Rescue Group

Meetings are held monthly, except December,
on the 2nd Thursday at 7:00 P.M.

at the Eldorado Community Center
1 Hacienda Loop
Santa Fe, New Mexico

www.santafesar.org

Find us on Facebook at:

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SantaFeSearchAndRescueGroup](http://www.facebook.com/SantaFeSearchAndRescueGroup)