



Jon Francis Foundation

EDUCATE / ADVOCATE / EMPOWER / GUIDE

BASIC WILDERNESS SAFETY GUIDE

(DEVELOPED BY THE NATIONAL PARKS RANGERS ASSOCIATION)

1. **Have a plan and share it** – Maps, compass, route, turn-around time, group briefing, landmarks, alternate path & route. Tell at least two people your plan, route, departure & return times, other things you know.
2. **Know your limits, and those of the others in your group** – Don't lie to yourself, poor conditioning and bad judgment can kill. In a group travel at the speed of the slowest member. Check each other frequently for fatigue, hydration, energy, orientation, and confidence.
3. **Make sure your equipment, clothing, water, and food are up to the trip** – again don't exaggerate capabilities or underestimate requirements. Everyone should have a rain-jacket, energy bars, extra water, flash or head light, means to start a fire, and a compass. Check your equipment, NEVER 'store & use'.
4. **Always bring along proper emergency equipment** – If traveling alone, have at a minimum a regular first-aid kit. In a group have an adequate 'community' kit with splint-ties, braces, pads and materials to care for and evacuate someone.
5. **Learn in advance what might possibly go wrong** – Check the weather, fire hazards, winds, etc. Use your computer!!! Share the information and get advice.
6. **Learn in advance what to do if things go wrong** – Park Rangers say 'hug-a-tree', in other words stay where you are. Whistles, mirrors, cell phones are priceless. Make a camp and wait it out.