



KNOW Before You Go!

Search and Rescue

Self-Rescue Tips

1. **Stop and rest when you start to feel tired** rather than waiting until you are completely exhausted.
2. **Your body can't hike hard and digest food at the same time.** Rest in the shade for at least 30 minutes when you stop to eat. If you are still tired after 30 minutes, keep resting.
3. **Stop and fix small problems while they are still small.** If you ignore your body and keep pushing the pain or illness will get worse and may make recovery more difficult.
4. **Avoid hiking between 10 am and 4 pm on hot days.** If you are on a trail between 10 and 4, find a shady spot and stay there until the temperature cools down. Adjust your hiking pace to what you can comfortably maintain, and rest when you need to.



If Lost....

- ✦ All trails are marked with signs (where intersections meet) and diamond blazes or markers. However, signs are sometimes vandalized or stolen.
- ✦ Pay close attention to your surroundings and landmarks, and relate this to your location on a map.
- ✦ Stay calm if you get lost. Panic is your greatest enemy. Try to remember how you got to your present location.
- ✦ Trust your map and compass, and do not walk aimlessly. If you are on a trail, don't leave it.
- ✦ Stay put if it is nightfall, if you are injured, or if you are near exhaustion.
- ✦ As a last resort, follow a drainage or stream downhill. This can be hard going but will often lead to a trail or road.

The **Number One** tool needed for survival when you are lost or injured in the wilds is a Positive Mental Attitude. You should continually tell yourself that you have to get home. When you panic or lose hope, the situation becomes fatal.

STOP!

S—STOP

As soon as you realize you may be lost, stop, stay calm, stay put.

T—Think

Go over in your mind how you got to where you are. What landmarks should you be able to see? Do not move at all until you have a specific reason to take a step.

O—Observe

Get out your compass and determine the directions from where you are currently sitting.

P—Plan

Based on your thinking and observations, come up with some possible plans and then act on one of them. If you are not very, very confident in the route, then it's better to stay put.