

**Naches Ranger District
Forest Safety
Carry the 10 essentials**

2004

All Forest visitors, and particularly those hiking or using trails, need to carry the 10 essentials of survival. Many of these items can be slipped in a pocket, saddle bag, or a pack pouch, but they can save your life or help you return home safely. Keep this list in your pack or glove compartment and check it off when you enter the Forest.

- 1. Extra Clothes: Hat and gloves can be useful even in summer. (Think warmth, wind, sun, and water).**
- 2. Extra Food (AND water): Candy Bars offer energy, a water filter helps assure water quality.**
- 3. Map: Waterproof your map or carry in a clear plastic bag**
- 4. Compass: Doesn't have to be expensive! Practice with your compass to make it more useful.**
- 5. Matches: Waterproof your matches, a good case helps keep them dry and useful.**
- 6. Fire starter: Old candles or fire stick work well, carry these items in a zip-lock bag.**
- 7. Flashlight: Be sure it works, extra batteries help**
- 8. First aid kit: A first-aid kit is a good place to carry mirror, needle, and other essentials.**
- 9. Sunglasses: Essential for both winter and summer. Sun block is also helpful.**
- 10. Pocket Knife: Strong but light, a sharpening stone improves the use of this any knife.**

COMPASS DIRECTIONS IN 13 WORDS OR LESS

**Practice with your compass when you are found
and you won't get lost.**

EXTRA ITEMS FOR YOUR VEHICLE

- 1. Blanket:** Many uses for a utility blanket, a space blanket, layered with the utility blanket adds to the utility.
- 2. Shovel:** Shorten the handle or carry a collapsable shovel. Sharpen the edges for increased utility.
- 3. Flares:** Regular flares can be useful for starting fires or signaling rescuers.
- 4. Toilet Paper:** This material is useful for starting fires and for first aid applications. Carry in a plastic bag.
- 5. Some basic tools:** Screwdriver, pliers, crescent wrench, etc. can be useful if stranded.

HUG A TREE

Advise children that if they are separated from parents or supervisors they should find a dry place and stay put. A large tree is a good spot to wait for help, thus the often repeated advise, "Hug a Tree". The danger for lost children or disoriented campers is wandering beyond the range of rescuers. This "Hug a Tree" rule works well in many situations. If adults become separated, they should return to the last place where they had contact. If they can not locate that point quickly, fall back to the Hug a Tree strategy.

CONTACT WITH ANIMALS IN THE FOREST

Wild animals which do not show fear of humans can be either aggressive or in poor health. Both of these instances should raise a red flag for humans. Give all animals a clear bearth to avoid physical contact and reduce your impact on their habitat. Remember, the forest is their home, you are simply visiting. Leave baby animals where you find them, avoid handling or touching all animals you observe. If you are an animal observer, purchase some good binoculars and learn to use them as they increase the distance between you and wild animals. KEEP YOUR DISTANCE.