

Remember

- “Leave only footprints, take only pictures.” The beauty of nature is found everywhere; the rocks, trees and streams. Do not take that beauty home!
- Tell someone where you are going and when to expect you back! If an emergency occurs, someone will know where to find you.

If you become lost, remember S.T.O.P.S.

Stop: As soon as you realize you are lost.

Think: How exactly you got to where you are. Try to remember specific landmarks.

Observe: Use the map and compass to determine where you are.

Plan: Based on your thinking and observations, devise a plan and act.

Stay: If completely lost, STAY PUT! Build a shelter, gather firewood, and wait for rescuers.

“I’ve never been lost, but I was mighty turned around for three days once.” – Daniel Boone



Sources

1. “Ten Essentials,” www.rei.com
2. “Stop,” www.hikingdude.com
3. “Homemade First Aid,” www.backpacker.com
4. “Quote Daniel Boone,” www.goodreads.com
5. “Outdoor Quotes,” www.outdoortravellife.com
6. “Wilderness Survival,” A folding pocket guide on How to Stay Alive in the Wilderness by Kavanagh/Leung

EXTENSION

UtahStateUniversity

Beaver County 4-H

Utah State University is an affirmative action/equal opportunity institution.



“Ain’t No Mountain High Enough”

Safety Guide



for the Adventurous Outdoor Hiker



Beaver County 4-H

By Lori Bailey and Cindy Nelson
July 2015 4-H/NR/2015-01pr

10 Essentials for a Safe & Secure Hiking Pack

1. Navigation (map and/or compass): A map and compass will tell you where you're going and where you've been.
2. Sun Protection (sunscreen, sunglasses): No matter if you are in blinding snow or open sun, no one is happy with sunburn.
3. Insulation (raincoat, extra clothes): Wear layers so you can adjust to the change in weather and climate, just in case the weatherman is incorrect...again.
4. Illumination (flashlight, headlight): Just in case you unexpectedly stay later than you thought. You WILL need a flashlight to see where you are and to see the map. ALWAYS bring extra batteries.
5. First Aid Kit: This consists of: 1) tweezers 2) safety pins 3) antibiotic ointment 4) antiseptic towelettes 5) wound closure strips 6) moleskin or duct tape for blisters 7) Band-Aids/ACE bandage 8) bandanna (for splints) 9) Ibuprofen
6. Fire (matches, magnesium starter, lighter): If you have to stay overnight in the woods, a fire will keep you warm and keep animals away.
7. Multi Tool Repair Kit: A pocketknife with other tools connected to it is an ideal tool.
8. Nutrition: A number of things could keep you from staying longer on a hike, so always be prepared with extra food.
9. Hydration: Without enough water, your body simply cannot perform as well. It will not only make you thirsty, but increase hypothermia and sickness.
10. Emergency Shelter: In an emergency, shelter is a necessity. People who hike for days pack tents. For shorter hikes, pack a light tarp or blanket.

EXTRAS







1. Toilet Paper: YOU NEVER KNOW WHEN YOU NEED TO GO!
2. Camera: QUICK!! THAT'S WORTH A CLICK.
3. Trash bag: THE ONLY THING THAT WILL EAT PLASTIC AND WASTE...IS A TRASH BAG!
4. Common Sense: IF I LIGHT THE TALL, DRY GRASS ON FIRE, WILL IT BURN?

Be on the Lookout

Watch For:

1. Trail Markers:

- **Tree Blazers:** A mark placed in a tree about eye level, usually painted.

<p>CONTINUE STRAIGHT</p> 	<p>START OF TRAIL</p> 	<p>RIGHT TURN</p> 
<p>SPUR LEADING TO A DIFFERENT TRAIL</p> 	<p>END OF TRAIL</p> 	<p>LEFT TURN</p> 

- **Trail Cairns:** A rock pile approximately 3 ft by 2 ft. It is said that if you place a rock on one, it is good luck.
- **Trail Ducks:** A rock pile consisting of three or four rocks.



Trail Blazers



Trail Cairn



Trail Ducks

2. Animals: Stay Calm and Move On. If you don't mind them, they won't mind you.



“**Cats** – Rounded tracks have four toes and no claws. Cougar tracks are up to 4 in (10 cm) wide.



Dogs – Tracks have four toes and show claws. Wolf tracks are up to 6 in (15 cm) long.



Ungulates – Elongate tracks have two toes. Includes deer, moose, elk, sheep and goats. Tracks are up to 6 in (15 cm) long.



Bears – Front and foot-like hind prints show claws. Fore prints to 7 in (18 cm) long; hind print to 12 in (30 cm) long.” — “Wilderness Survival” by Kavanagh/Leung

3. Plants: DO NOT eat unless you are positive they are safe.

Friend (safe)

- Edible roots and leaves are found in dandelions, arrowhead marsh plant, pigweeds, and sea lettuce.
- Acorns or healthy nuts are edible when found on pine trees and oak trees.
- Clover, watercress, and cattail plants are completely edible.



Dandelions



Acorns



Watercress

Foe (Poisonous)



Stinging Nettle

- Stay away from stinging nettle and poison ivy. If poison can irritate your skin, imagine what it could do to your stomach.