

## THE "TEN ESSENTIALS" OF BACKCOUNTRY TRAVEL

1. **Navigation** - Map & Compass, GPS & Extra Batteries, Watch
2. **Signaling** - Whistle, Mirror, Cell Phone, Surveyor Tape
3. **Light Source (two)** - Headlamp, Flashlight, Extra Batteries
4. **Nourishment** - Water & High Energy Food for 24-48 hours
5. **Shelter** - Lightweight Waterproof Tarp, Bivvy Sack, Parachute Cord
6. **Fire Building** - Waterproof Matches, Fire Starter, Heat Tabs, Knife, Saw
7. **Personal Protection** - Medications, First-Aid Kit, Sunscreen, Dark Glasses, Bug Repellent
8. **Weather Protection** - Extra Clothing, Rain Gear, Hat, Gloves, Large Heavy-Duty Plastic Bag
9. **Winter Add-Ons** - Avalanche Beacon, Probe Pole, Shovel with Metal Blade
10. **Rules to ALWAYS Follow ---**
  - a. Never go alone; sorry, dogs don't count!
  - b. Always tell someone where you are going and when you expect to return.
  - c. Stay on the trail; never "bushwhack" unless you are very familiar with the area.
  - d. If lost and waiting for Search & Rescue, REMAIN CALM, STAY WHERE YOU ARE, and DO NOT WANDER.
  - e. The best equipment won't help unless you know how to use it. Take a training course, and practice frequently, especially with your Map & Compass, and Beacon/Probe/Shovel.

SCRG has been organized for over 40 years and we operate year-round. We are an all-volunteer team of 60 members, funded through donations and grants. We DO NOT charge a fee for SAR services.

**NEVER** be reluctant to request our help through 911 Emergency Dispatch. 02/14

