

**It can happen to
anyone . . . !**



If you do not see anything that you positively recognize – you are lost!

Your next move must be to sit down and think. Retrace in your mind every step that you have made up to your present location. By sitting you are conserving vital energy. By thinking it through, the mistake is usually remembered and the trail found.

If the route home is not found, plan to spend the night outdoors. Make camp early near water if possible and near a clearing so aircraft can see you. Put at least two feet of dry insulation (leaves, pine needles) beneath you and gather two more feet of insulation to put on top of you. This will act as ground insulation and a rain and wind shelter. Wear your extra clothes and ration your food and water.

Draw attention to yourself by making a large signal in the dirt or with rocks. If you have something bright or reflective place it so it is visible and periodically blow your whistle three bursts at a time. Most importantly, knowing that you told a responsible person your trip plan, stay calm, use common sense, and stay put until the rescue team can find you.

For more information on the
**Marin County Sheriff's
Search & Rescue Program**
call or write to the
Marin County Sheriff's Office:

**3501 CIVIC CENTER DRIVE ROOM 145
SAN RAFAEL, CA 94903**

415.499.7437 EXT. 2
WWW.MARINSAR.ORG



Sheriff Robert Doyle

**For scheduling a Lost in the Wilderness
presentation or a Search and Rescue
presentation from the Marin County SAR
team, or to learn how to join the Marin
County Search and Rescue Team, please
call 415-499-7437 Ext. 2.**

**Are you
going...**

**Hiking
Camping
Mushroom Picking
Bird Watching
Mountain Biking
Hunting
Etc...**

**Plan Now...
Don't
Get Lost!**

Don't risk your Life, before leaving home. Consider the "What If. . ."

On any trip into the wilderness, tell a responsible person: 1) who is going, 2) where you are going, 3) when you will be back, and 4) what transportation will be used to get to the trailhead.

AND if you do not return within a reasonable time, they are to call 911 or the local Sheriff's Office who will begin the Search and Rescue process.

Basic Rules for Hiking and Backpacking:

- ✓ Leave a trip plan with a responsible person.
- ✓ Keep together.
- ✓ Travel only in daylight.
- ✓ Know your route.
- ✓ Be in the right physical condition for your trip.
- ✓ Do not go alone.
- ✓ Carry emergency survival gear.

Recommended Hiking Equipment:

- ✓ Sturdy boots with ankle protection and lug soles.
- ✓ Loose fitting, non-cotton, synthetic or wool clothing suitable for wind, rain, or cold – using the layering system for easy-on, easy-off to regulate body temperature.
- ✓ A map and compass.
- ✓ Small flashlight or headlamp.
- ✓ At least 2 liters of water.
- ✓ A knapsack or pack to carry your lifesaving equipment into the wilderness.

A common incident in Marin is an Unexpected Night Out where the individual or group does not anticipate night fall or rapid change in weather and temperature such as late afternoon fog.

Properly used, the following items will give you warmth, shelter, and energy for an Unexpected Night Out:

- ✓ Water, ✓ food, ✓ map*, ✓ extra clothes,
- ✓ whistle, ✓ first aid kit, ✓ small flashlight or head lamp, ✓ a light plastic tarp, ✓ water proof jacket or poncho, ✓ emergency blanket.

*Trail maps can be obtained at the Ranger Station or a local outdoor shop.

Four factors of outdoor comfort

Weather –

Terrain –

Attitudes –

Body Limitations –

Each of these factors affects your equipment needs, your activity, and your overall enjoyment of the outdoors.

Respect their warnings!

Turning back before reaching your objective may take some pleasure out of your trip, but it could save your life. Anticipate the strength of your group for the return trip. Weather could add to its complexity. Rain makes every descent treacherous; wind will steal your body heat; thunder and lightning will warrant a hasty retreat from high points and ridges; and fog

will make any reasonable navigation impossible.

The Unexpected Night Out. . .

Most problems happen on the descent when you are tired, hungry, wet or cold. Your party will tend to separate and take shortcuts in their rush to the car. Keep together! Stay on the trail and start your return early. Plan to be at the car before dark.

If you get lost and have to spend an unexpected night out, follow these nine rules until help arrives:

1st rule - If you get lost with a friend or pet, stay together - don't separate!!

2nd rule – Stay in one place or area – DO NOT WANDER!!

3rd rule – Keep warm!!

4th rule – Find a cozy waiting place, not a hiding place

5th rule – Put something bright out

6th rule – Appear bigger for searchers

7th rule – Do not lie down on the bare ground except for rule 6

8th rule – Do not eat anything you are not sure of

9th rule – You must drink water every day

**Most importantly, TELL SOMEONE
RESPONSIBLE WHERE YOU ARE
GOING!**