

RULES TO PREVENT GETTING LOST

Study the area and carry a map of the area and a compass with you . . . know how to use them!

Before setting out, learn as much as possible about your route . . .
CREATE A TRIP PLAN (directions and route you plan to take)

Before you start your hike, **leave your TRIP PLAN with someone at home!**

As you walk, remember your general direction of travel

Follow your progress on your map so you always know where you are at all times!

Be alert! Notice unusual trees, bushes, plants and rock formations as you go. Look back to see how these landmarks will appear on your return trip.

Stay on existing trails when possible and within boundaries set by your leaders . . . **FOLLOW THE TRIP PLAN!**

Stick closely with your group or your “buddy”

Dress appropriately for the weather and trail conditions. Wear a hat!

Carry extra water, a sweater and rain gear in a small backpack or fanny pack.

Carry an emergency survival kit!

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IF A MEMBER OF YOUR GROUP BECOMES LOST

Notify your hike leaders at once!

The group must stop immediately and try to determine when and where the missing person was last seen and what they were wearing.

Retrace your route back to the place the missing person was last seen . . . call out the name of the missing person to attract their attention!

If you do not find the missing person within one hour . . . Notify local authorities

STAY CALM!!!! DON'T PANIC!!!!

DON'T CONDUCT YOU OWN SEARCH UNLESS YOUR GROUP HAS PROPER TRAINING!

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IF YOU THINK YOU MIGHT BE LOST!

As soon as you recognize that you're lost.

- **STOP! Sit down.**
- **Look around you for recognizable landmarks.**
- **Take out your map and try to locate your position.**
- **Focus your thoughts. Adopt a positive attitude.**

Keep warm and dry.

- Use your garbage bag (in your survival kit) as a temporary shelter to protect you from wind and rain.

Make yourself visible!

- Look around for a clearing or opening in the trees where you can make yourself visible to rescue helicopters.
- Use twigs to make arrows to mark your trail as you go.
- Rescuers will be able to find your markings, and then find you.

Three signals of any kind are the internationally recognized distress call (e.g. three shouts, three whistle blasts, three mirror flashes, three smoke columns)

- Make a large arrow or SOS sign in a clearing to indicate where you are located
- Build three small fires approximately 2 metres apart to make three separate columns of smoke. Create lots of smoke by burning green boughs

Use equipment in your survival kit to help find, gather and make the survival essentials: shelter, water and food.

- Use water purification tablets so you'll have clean water.
- Don't eat strange-looking berries.

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If you suspect rescuers won't find you before dark, build or look for a shelter.

- Collect enough firewood to last the night.
- Find a tree you can "hug" that is beside a clearing.
- Build a bed or shelter for the night, using large branches to build a frame covered with lots of boughs or leafy branches.
- Be sure you made a mattress of branches too. The shelter should be just large enough for you to crawl inside and lie down, or sit leaning against a tree.
- When you're ready for bed, tear a small hole in the bottom of the garbage bag. The hole should be large enough for you to see and breathe through.
- Put your hat on, zipper your clothing up, tuck in any loose ends and crawl inside your shelter.
- Once inside, pull the garbage bag down over your head and/or wrap yourself inside your space blanket.

After you build your shelter and signal fires, empty your pockets to take an inventory of what you have and look around you for other things that can help you survive.

If you see or hear rescuers do anything possible to attract attention . . . Yell, shout, blow your whistle!

TOP FIVE CONDITIONS NECESSARY FOR SURVIVAL

- **POSITIVE ATTITUDE**
- **SHELTER**
- **WATER**
- **FIRE**
- **FOOD**

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Survival Kit Contents

Survival

- Knife*
- Whistle*
- Compass*
- Needle & Thread*
- Cable Ties*
- Duct Tape*
- Small Flashlight & Batteries*
- Signal Mirror*
- Large Garbage Bag*
- _____

Food & Water

- Water Container*
- Water Purification Tablets*
- Granola Bar*
- Nuts & Candy*
- Fish Hooks & Fishing Line*
- Aluminum Foil*
- _____
- _____
- _____

Miscellaneous

- Paper & Pencil*
- _____
- _____

Fire & Warmth

- Solar Blanket*
- Matches in a Waterproof Container*
- Candle*
- Fire Starter - Dryer Lint*
- Fire Starter - Steel Wool*
- _____
- _____
- _____
- _____

First Aid

- Band-Aids*
- Disposable Gloves*
- Alcohol Wipes*
- Safety Pins*
- _____
- _____
- _____
- _____
- _____

Emergency Drinking Water Germicidal Tablets

Keep tablets out of reach of children!
Do eat these tablets . . . they are NOT to be swallowed!
Keep tablets dry until use!
These tablets are only to be used by Scouts that have been properly trained in the correct procedure.

Directions:

1. Add one (1) tablet to 500 ml (Standard Emergency Kit Water Bottle).
2. Put cap onto the water bottle.
3. Shake bottle to mix.
4. Wait five (5) minutes.
5. Take cap off of the bottle and swish some of the water over the edge of the bottle and pour a small amount of water all over the cap both inside and out.
6. Put cap back onto the water bottle.
7. Open drinking spout and squirt out water for 2-3 seconds then close the drinking spout.
8. Shake bottle to mix.
9. Wait another thirty (30) minutes before drinking treated water.

Emergency Drinking Water Germicidal Tablets

See directions for use on other side of this card.

Caution:

Coghlan's Emergency Drinking Water Tablets are for use only when water is of questionable quality or known to be substandard. These tablets are for short term or emergency use only. This product has not been shown to inactivate *Cryptosporidium* cysts.

Warning:

Tablets may be harmful if swallowed. Avoid eye contact. Will cause severe irritation to eyes and mucus membranes. Avoid contamination with food. Wash hands after handling tablets.

First Aid:

If tablet is swallowed, drink freely a thin paste of starch or flour (2 teaspoons in water), or drink a sodium thiosulfate solution (approximately ½ teaspoon in water). In case of contact with eyes, flush thoroughly with water.

Active Ingredient:	Tetraglycine Hydroperiodide	16.7%
Other Ingredients:	Miscellaneous	83.3%
Each tablet contains:	Titrateable Iodine	6.68%

Winter Survival Kit:

- Waterproof matches or a lighter
- Compass
- Adhesive tape & bandages
- Fire starter material
- Pocket knife
- Large yellow or orange garbage bag or a Space blanket (for shelter and warmth)
- Whistle (pea-less works best)
- Snack (granola bars, etc)
- Reflector/signal mirror
- Ointment
- Band-Aids
- Halazone or water purification tablets
- Bouillon cubes
- Fishing line, hooks and lures
- Duct or adhesive tape (for taping shelter together or for bandaging cuts)
- 2 to 4 metres light flexible wire (for making snares or shelters)
- Pencil and paper
- Aluminum Foil (2 sheets 5 metres long) to make cooking pot and drinking cup.

These items should be carefully stored in a small metal container. The container could also be used to gather water or cook in if necessary.