

10

tips to stay safe in the backcountry

1. Know where you are going! Bring a map and let someone know where and when you plan to hike.
2. Be prepared. Learn about the local weather conditions and the terrain. Know how to use your emergency gear.
3. Leave your “cool card” at the trailhead. Know your limitations and when to change plans. Turn back if the weather is changing, the terrain is too strenuous, the river is too high, etc.
4. Play together, stay together. Lone hikers are more likely to need rescuing.
5. Pack it in, pack it out. Make sure to pack out your trash and leave the backcountry pristine for future users.
6. Can you hear me now? Don't rely on your phone—cell phone coverage can be sporadic at best in the backcountry.
7. S.T.O.P. Sit, Think, Observe and Plan. If you get lost, your brain is your most important piece of survival gear. If you need a rescue, stay in one place until you are found.
8. It's called a lifejacket for a reason. 80 percent of people who drowned in boating accidents would have survived had they been wearing a PFD (Personal Flotation Device). Wear it, Utah!
9. Always be prepared. Bring the 10 essentials (see reverse).
10. Know who to call. Look up the local sheriff's phone number, program it into your cell phone, or write it down.

RESCUE.UTAH.GOV



USARA
UTAH SEARCH AND
RESCUE ASSISTANCE CARD

Visit rescue.utah.gov for more information and to purchase your USARA card.