

THANK YOU

- * Show respect toward nature.
- * Tread lightly and leave no sign of having been in the wilderness.
- * Pack out your garbage and any one else's if you find it.
- * Cut no live wood.
- * Take no souvenirs; leave rocks, flowers, plants for all to enjoy.
- * Obey fire restrictions and use caution with fire.
- * Don't wash dirty clothes, dishes or yourself in clean streams or lakes.
- * Stay on trails wherever possible.
- * Be ready for rapid changes in the weather at all times.

Distributed by the following organizations who assist in conducting searches:

Benton County Amateur Radio Emergency Services
Benton County Sheriff's Posse
Corvallis Mountain Rescue Unit
Mary's Peak Search and Rescue
Northwest Search Dogs, Inc.



It is no disgrace to find yourself in an adverse situation. If you do become lost or disoriented, **don't panic** and **make shelter and fire provisions well before dark.**

BASIC FIRST AID KIT

- 6 band aids
- 2 2-inch compresses with tails
- 1 2-inch ace bandage
- 2 triangular bandages
- 1 4-inch compress bandage with tail
- 6 3x3 gauze pads
- 1 2-inch roller gauze bandage
- 5 or 10 yards, 1-inch adhesive tape
- Antiseptic ointment, spray or liquid
- Burn ointment
- Sun screen
- Insect repellent
- Lip balm
- Salt tablets or rehydration powder (Gator Aid, etc.)
- 12 aspirin

HYPOTHERMIA

Hypothermia is a lowering of the body temperature and loss of its ability to reheat or rewarm itself again.

Protect yourself from the wind and rain. Wear a hat. Keep extremities warm and dry. Dress in layers. Stay dry. Keep your intake of food up. Warm liquids and food, if possible, help preserve body heat.

Some warning signs: confusion, slurred speech, first severe then diminished shivering, poor coordination.

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BASIC OUTDOOR SURVIVAL

BACKPACKERS * BIKERS *
CAMPERS * CANOEISTS *
CLIMBERS * FISHERMAN *
FOUR-WHEELERS * GEO-
CACHERS * HIKERS *
HORSEBACK RIDERS *
HUNTERS * KAYAKERS



BENTON COUNTY
SHERIFF'S OFFICE
EMERGENCY
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SEARCH & RESCUE
(541) 766-6864

THE ESSENTIALS FOR SURVIVAL

HEAT—Warming fire, also provides smoke for signaling.

SHELTER—From cold, heat, wind, rain and snow. Keep dry in the cold.

WATER— For hydration and cooling if needed.

THE WILL TO LIVE—Keep your head and believe you will survive. Chances are you will spend only one or two nights out.

Once you are lost, it is too late to make up a “survival kit.” **Before** you head out, put together a survival kit and make it a habit to always carry it with you when you are in the wild. Your provisions should be enough to get you through one or two nights in adverse weather. **REMEMBER**, the most important item in your survival kit is your head! Don’t panic, use your survival tools and skills.

If you become lost, stay where you are and immediately begin preparations for spending the night out. Construct a shelter and gather fire wood for a fire.

SURVIVAL TIPS

- Do not travel at night.
- Stop, make camp and rest.
- Learn to use your survival gear.
- Don’t take wilderness trips alone.
- Tell family and friends exactly where you are going and what your plans are.
- Be familiar with the area you are in. Always carry a map and compass.
- Make camp near water if possible. Water is more important than food.
- Know that a distress signal is 3 signals repeated at regular intervals. Signals can be audio or visual. If you have one with you (and you should!) , use a whistle and save your voice.
- Be weather wise. Know and prepare for the weather you may encounter. Remember wet and wind increase loss of body heat and can become huge survival challenges.
- Be sure you are in good physical condition for your wilderness trip.
- Gather a HUGE stack of firewood before dark.

- Wear the right clothing: dress in layers—wicking, warmth and an outer shell. Remember, cotton is generally a poor choice and tends to stay wet.
- A hat or cap can help you retain as much as 30% of your body heat.

BASIC SURVIVAL KIT

- Area map & compass
- Knife and saw or hatchet
- 9x12 foot tarp or plastic*
- Cord for lashing*
- Metal container (coffee can w/lid)
- Matches in waterproof container
- Candle stubs (fire starters)
- Bouillon cubes & sugar cubes
- Tea bags
- Whistle
- Signal mirror
- Space or emergency blanket
- Extra clothes, layers for expected weather conditions.

* tarp and cord can be used together to fashion a rain coat, a windbreak, a ground cloth or a shelter for the night.