

PLAN AHEAD

- ➔ Let someone responsible know **Where** you are going, **When** you expect to return, **Who** you are with, **What** you are driving and **How** well equipped you are for your time away.
- ➔ Plan your trip on a map, mark it and leave a copy with the responsible party.
- ➔ Tell them what to do and who to contact if you don't return as planned.
- ➔ Stick to your plan. If you have to change your location or route, notify your responsible party ASAP.
- ➔ If you have car trouble, stay with the car. It is easier to find than a person alone. Also it contains survival tools.
- ➔ Take enough food and water for at least double the time you plan to be away.
- ➔ Contact the responsible party upon your safe return so they don't send out help unnecessarily.

**REMEMBER THE PLAN
MAKE IT
SHARE IT
STAY WITH IT**

STAYING ALIVE IN THE MOUNTAINS

1. **Always carry more water than you think you'll need.** A gallon a day is minimum, even in cold weather.
2. **Carry extra clothing,** expect cold weather.
3. **Wear hiking boots.** Tennis shoes do not give your ankles adequate support.
4. **Dress warmly** in loose fitting, layered light weight clothing.
5. **Wear a hat.** Most heat loss is through the top of the head.
6. **Avoid overexertion.** Take your time and rest often.
7. **Avoid alcoholic beverages.** Alcohol causes the body to lose heat rapidly and can affect your judgement.
8. **Keep dry** and avoid perspiring heavily. Change any wet clothing as quickly as possible.



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Supported only by free-will donations and fund-raisers TRSAR has maintained a well trained, efficient group of volunteers for over 35 years. Dedicated to saving lives and restoring health to victims of the wilderness, the squad remains one of the finest search and rescue organizations in Arizona. Under state law, TRSAR cannot respond to an emergency without authorization by the Gila County Sheriff's Office. However, on request by another agency, they are able and willing to respond to any location in Arizona or the nation. Members must complete extensive training in such skills as Survival, Tracking, Navigation, First Aid and CPR, Rope Rescue, ATV operation and many others. Each member must equip themselves with personal survival equipment, clothing and gear necessary to accomplish their mission. Average start-up costs run to about \$400.00 but most members spend far more than that. If you would like to contribute to their cause, or if you are a resident of Gila County and wish to join TRSAR or perhaps just seek further information, contact

Tonto Rim Search & Rescue Squad
P.O. Box 357
Strawberry, AZ 85544
(520) 476-4335 or
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Gila County Sheriff's Office, John Arner, Sheriff

WHAT TO DO IF YOU BECOME LOST

9. **Watch for signs of hypothermia** in yourself and your companions. The symptoms are:
 - Uncontrollable shivering
 - Drowsiness
 - Vague, slow, slurred speech
 - Apparent exhaustion
 - Memory lapses, incoherence
 - Inability to get up after a rest
 - Immobile, fumbling hands
 - Frequent stumbling, lurching gait
10. **Never go alone.** Always take a companion especially if you are unfamiliar with the area.
11. **Stay on existing trails or roads.** The terrain and brush in the mountains are nearly impossible to traverse off trail.
12. **Don't panic.** Panic is your enemy. A rational mind is your best asset. Stop and think, calmly.
13. **Make yourself visible.** A column of smoke can be seen for miles in daylight. A candle or penlight at night is equally visible. If you build a fire, stay with it. It's a waste of time and effort if we find your signal but you have wandered away. Your life may well depend on it.



- ◆ First, admit to yourself that you are lost and need outside help.
- ◆ Look for that help and do all you can to help us find you.
- ◆ Don't panic. Keep your head, it is your best tool.
- ◆ The only thing to fear is fear itself.
- ◆ Stay put, do not wander. If you have a vehicle stay with it.
- ◆ If you're with other people, stay together. Don't split up.
- ◆ Find or build a shelter.
- ◆ Build a fire if safe.
- ◆ Make an X or arrows in the snow by tramping or with brush or with rocks on the ground so searchers can locate you.
- ◆ If you hear a helicopter or other searchers, make yourself visible.
- ◆ Wear your brightest colored clothes.
- ◆ Use a signal mirror or any reflective object.
- ◆ If someone in your group is hurt, do what you can to make them comfortable and care for their injury to the best of your knowledge.
- ◆ Only if the injury is life threatening, should you leave them to find help.