

# BACK-COUNTRY SURVIVAL GUIDE



## The Essentials - Always be Prepared!

- First Aid Kit
- Map and Compass
- GPS and Cell Phone
- Matches and Candle
- Pocket Knife
- Flashlight and Headlamp
- Warm/Rain Clothing
- Shelter
- Emergency Food and Water
- Sunglasses and Sunscreen

**Never Travel Alone and Never Separate From Your Group!!**

## Summer Check List

- The Above Essentials
- CORSAR Card (see back)
- Food and Water Bottles
- Hiking Boots
- Plastic Bags for Ponchos
- Hat and Beanie
- Gloves/Mittens
- Outer Coat/Shell
- Outer Pants/Rain Gear
- Fleece/Down Coat

## Winter Check List

- The Above Essentials
- CORSAR Card (see back)
- Food and Water Bottles
- Insulated Hiking Boots
- Snowshoes, Skis & Skins
- Hat and Beanie
- Waterproof Gloves/Mittens
- Outer Coat/Shell
- Outer Pants/Snow Pants
- Fleece and Down Coat

**Remember Cotton Kills - Do not bring cotton clothing!!**

Polypropylene or synthetic materials are highly recommended.

## EMERGENCY? Dial 9-1-1

Did you know? Your cell phone can be used to track your GPS location and may provide a signal to emergency personnel if you are lost! If your signal is low, try sending a text message to a friend, as it requires less service and reception.



[www.ClearCreekSheriff.us](http://www.ClearCreekSheriff.us) | [www.ClearCreekCounty.org](http://www.ClearCreekCounty.org)

**PLACE THIS SIDE UP ON DASH**

# Search and Rescue INFORMATION

Please leave this card on your dash, as the information provided will assist local authorities in case of emergency.

Full Name \_\_\_\_\_

Cell Phone Number \_\_\_\_\_

Emergency Contact \_\_\_\_\_

Emergency Contact Number \_\_\_\_\_

How Many People in Your Group \_\_\_\_\_

>>> Date/Time Leaving \_\_\_\_\_

>>> Date/Time Returning \_\_\_\_\_

Route/Trail Hiking \_\_\_\_\_

Name of Map Used for Route/Trail \_\_\_\_\_

Clothing Description \_\_\_\_\_

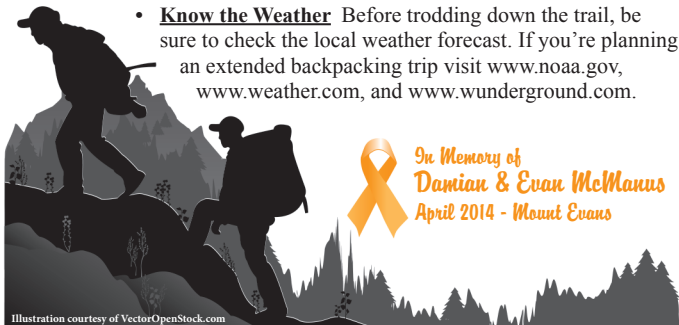
Backpack Color and Size \_\_\_\_\_

Boot Tread and Size \_\_\_\_\_

Food and Water Supply \_\_\_\_\_

## Wilderness Safety Tips

- **Travel With a Partner** The worst situation you can get yourself into is one where you run into an emergency and you're alone. Before hiking, give a copy of your itinerary to a responsible individual. Include the make, model and license plate number of your vehicle, where it will be parked, and the date(s) you're beginning and returning from your hike.
- **Assess Your Physical Abilities** Being in good physical condition is one thing, attempting a hike outside your capabilities is another. If you're planning a big day hike or multiple-day trip, train for these adventures well in advance.
- **Wear Appropriate Clothing** Before hitting the trail, assess the season and potential weather conditions. Always leave for a hike thinking you may have packed too many clothes.
- **Know the Weather** Before trodding down the trail, be sure to check the local weather forecast. If you're planning an extended backpacking trip visit [www.noaa.gov](http://www.noaa.gov), [www.weather.com](http://www.weather.com), and [www.wunderground.com](http://www.wunderground.com).



## CORSAR Card Information

Purchase a Colorado Outdoor Recreation Search & Rescue Card  
\$3 for one year, \$12 for five years - visit [www.Colorado.gov](http://www.Colorado.gov)  
or [www.ClearCreekCounty.org/hike](http://www.ClearCreekCounty.org/hike) for a list of local providers.