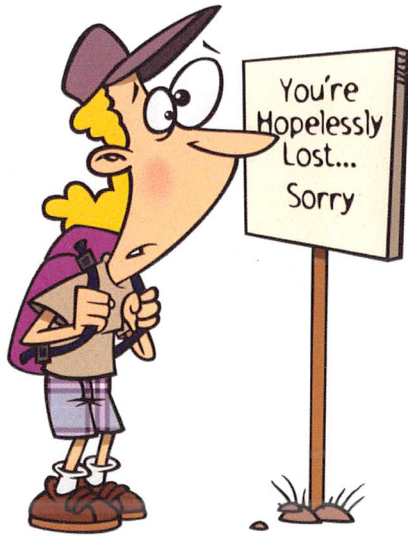


You're Lost.



Now What?

You have a map, compass and GPS and you know how to use all of them, but somehow, you've become lost. It happens.

Thankfully, you have your 10 essentials and you left a detailed trip plan with a reliable person.

Follow these tips to help yourself be found!

STOP

Don't panic! Stop, drink some water, eat a snack and assess your situation.

THINK

How did you get to where you are? What landmarks did you see?

OBSERVE

Are you in a safe area? How long until dark? What is the weather? Can you estimate your elevation?

PLAN

How can you use your 10 essentials to safely stay put, stay warm and stay hydrated until help arrives?

Once you're sure you're lost, call for help as soon as possible. **There is no charge for search and rescue in Washington state!**

Activate your SPOT or Personal Locator Beacon (PLB) if you carry one (highly recommended!)

If you have service, call 911 on your cell phone and ask for search and rescue. Texting may work even if calls do not go through, but not all areas have 911 texting service. If not, text a reliable friend and ask them to call for you.

Help searchers find you!

- ❖ If you must move for safety reasons, make it obvious where you went. Use rocks, branches, etc. to make arrows, leave footprints.
- ❖ Expect and listen for sound checks. If you hear voices, horns or whistles, yell or use 3 blasts on your whistle/horn in return.
- ❖ Are you next to running water? That may make it harder for you to hear rescuers and vice versa.
- ❖ Build a fire in a safe spot. Rescuers can see the light at night and smell the smoke at all times.
- ❖ Use branches or rocks, or stamp an SOS in the snow in an open area. Make it as big as possible.
- ❖ If you hear or see a helicopter, wave brightly colored objects from the most open safe area you can find. Red, orange and bright yellow work best and movement is easier to see than a still object.
- ❖ In dim light or darkness, use a strobe or other flashing light. Reflect your light source off a space blanket or other shiny object to make it bigger.



Everett Mountain Rescue

<http://everettmountainrescue.org/>
www.facebook.com/EverettMountainRescue

A non-profit organization dedicated to saving lives through rescue and mountain safety education.

