

## SURVIVAL PRIORITIES:

1. **POSITIVE MENTAL ATTITUDE - "WILL TO LIVE"**
2. **SHELTER** - Shade if hot, if cold, deflect wind; if safe, build a fire (cold air settles at night to bottom of canyons)
3. **REST** - Will avoid dehydration, fatigue, injury, bad decisions.
4. **SIGNALS** - Flashlight, whistle, fire, signal mirror, X on ground or personal locator beacon
5. **WATER** - If resting, can probably live 3 days without water
6. **FOOD** - If resting, can live up to 3 weeks without food

## LOOK FOR SIGNS AND SYMPTOMS IN YOURSELF AND OTHERS:

### HYPOTHERMIA:

Numbness, lack of dexterity in extremities, drowsiness, vague slow speech, incoherence, fatigue, inability to get up after rest, stumbling, lurching gait

### HEAT RELATED SYMPTOMS:

Dehydration, thirst, fatigue, headache, lightheadedness, dry mouth or eyes, loose skin, confusion, nausea, cramping in lower extremities and/or abdomen, incoherent speech, lack of sweat, unconsciousness

## CREDITS:

1. National Association for Search and Rescue: Fundamentals of Search And Rescue
2. Tonto Rim Search And Rescue Inc, Gila County

The Yavapai County Search and Rescue Team (YCSRT) is dedicated to serving visitors and residents of Yavapai County. Under the direction of the Sheriff's Office, certified and trained volunteers utilize off-road quads and side-by-side vehicles, 4x4s, dogs, horses and backcountry hikers to search for, rescue and/or recover missing persons, assist with evacuations and roadblocks during fires and floods, conduct evidence searches at large area crime scenes, perform backcountry safety patrols and other duties as assigned. We strive to be fully independent for up to 24 hours in the field under any conditions.

Volunteers are not paid for their time and incur substantial out of pocket expenses for training and equipment.

**THE UNIT DOES NOT CHARGE FOR RESCUES.**

## QUESTIONS OR REQUESTS FOR INFORMATION REGARDING:

- Wilderness safety education programs
- Volunteer opportunities
- Making an impact:  
How YOU can help save lives now
- Leaving a legacy:  
How YOU can help future generations who will live in our community

## CONTACT:

YCSRT Community Outreach Coordinator  
Office Voice Mail: (928) 554-6264  
Fax: (928) 858-4446  
Email: [contactus@ycsrt.org](mailto:contactus@ycsrt.org)

***"so others may live"***

## WILDERNESS SAFETY & LIFE SAVING TIPS

COMPLIMENTS OF  
YAVAPAI COUNTY  
SEARCH AND RESCUE TEAM

[www.ycsrt.org](http://www.ycsrt.org)



A 501(c)(3) corporation  
(Tax ID #86-0703053)  
**NON-PROFIT  
VOLUNTEER ORGANIZATION**

***"The life you help us save just may be a friend or even family!"***

We rely on donations and in-kind gifts of services, supplies or equipment to carry out our mission.

Please help us to continue to be able to save lives in our community by making a tax deductible contribution.

*See details on back*

## Plan it. Share it. Stick to it!

## Once you are out:

## If you are lost, injured or vehicle disabled:

### BEFORE YOU GO:

#### PLAN:

- **Don't go alone!**
- Make a check list
- Get a map and mark your trip
- Free topo maps at Caltopo.com
- Plan enough time to get there and back
- Fully charge your phone; consider a spare battery
- Check the weather before you go
- One gallon of water per person per day even if cold
- Enough food/meds for twice your planned trip
- Clothing for overnight temperatures, include a hat
- Hiking boots with ankle support
- Flashlight or head light & spare batteries
- Hydrate the day before, avoid alcohol

#### SHARE:

- When you are leaving and plan to return with three contacts if possible
- Where you are going-give copy of map
- Consider leaving a map on your car seat
- What you are driving, color, make, and model
- Where you plan to park
- What you are bringing with you
- Your cell phone number

### STICK TO THE PLAN!

- Unless it is unsafe, stick to your plan
- Stay on marked trails or roads
- If you are going to be late or change your route, contact your responsible parties and tell them if possible
- Carry a map and GPS
- Avoid over exertion. Be realistic about your abilities, time, location, terrain, weather, how you feel. Rest often
- Take frequent sips of water, even if cool/cold. Alternate water and sport drinks
- Eat small, frequent snacks. Include some salty foods
- Keep dry, avoid excessive perspiration
- Frequently stop, look around and back to see what the return trip looks like; also look up. Mountain lions often attack from above
- Watch your time and gauge the length of daylight left versus return trip
- Call your three contacts when you have returned

### ALWAYS STAY WITH YOUR VEHICLE!

More easily seen from the air

### REMEMBER STOP!

- **S**top and stay put. Stay on the trail or road
- **T**hink! STAY CALM!  
Your best survival tool is your brain
- **O**bserve - Look and listen for:

HAZARDS	LANDMARKS	RESOURCES	NOISES
caves mine shafts snakes scorpions dangerous animal scat loose rocks	power lines cattle tanks windmills trail markings fence lines buildings lights footprints tire tracks travel worn or unused trail?	water shelter and fire building materials	running water road animal or man-made helicopter aircraft quads vehicles search personnel
LOCATION OF SUN in sky vs. time of day gives general compass directions		CELL RECEPTION text may work if weak phone reception	

- **P**lan - How long until dark? What do I need to do while it's light? Change out of wet clothes ASAP. Anticipate and prioritize your needs

### DO WHAT YOU CAN TO HELP US FIND YOU:

- Use your cell phone
- Post frequent pics/details of trip on social media, especially if you change plans
- Make an X on the ground using rocks or brush
- 3 bursts from your whistle every few minutes
- Make yourself visible
- Put on clothing that will contrast with your surroundings
- If you see a helicopter, use anything reflective you have to signal it
- Stay near your fire. A column of smoke can be seen for miles. We will come to you
- If you are with people, stay together unless it is a life or death situation and someone must go for help

**WE NEED YOU!  
CONSIDER BECOMING  
A VOLUNTEER**

See back page for contact information

- 4X4
- BACK COUNTRY
- MOUNTED
- QUAD
- SCUBA
- SOUTHERN
- DOGS