

Updated 7/2017

Hiking Adventures: Got Lost?

Objective:

- To identify the items needed when hiking.
- To understand your options when lost.
- To learn about the importance of staying safe.

Materials:

- 3 –bags filled with hiking/non-hiking items
- Information sheet – tips to minimize conflicts with wildlife
- Information sheet – 14 essential items to pack with you on a hike

Engagement:

1. Introduce yourself and the volunteers.
2. Introduce today's program.
3. Ask, "What does the word 'hike' or 'adventure' mean to you?"

Definition:

Adventure means an exciting or remarkable experience which may involve danger and unknown risks.

Ask: Who can give me one item that they take with them on a hike?

Then ask: If you are separated by the group, what are some things you can do?

Based on the audience's answers, here is a short list of things people can do to avoid being rescued or needing to survive...

- Stay with your family or group
- Always walk with someone even if it's a short walk
- Tell parents or friends where you are going
- Tell parents or friends what time you'll be back
- Be prepared before heading out

Packing the Backpack:

Go over the items in the 3 bags and have them determine which items should we put into the backpack and why?

Items in pack: first aid kit, water, whistle, map, sunscreen, snacks, flashlight, mirror, insect repellent, 42 gallon thick trash bag, compass, and bandana.

Now are we ready for a hike?

What type of shoes and clothing should we wear? Out of the volunteer and this child which is best prepared for a hike? Why or why not?

How much water do I take? As a rule of thumb, you will drink about 1 cup of water/30 minutes while hiking OR 1 quart of water/hour.

Take the group on a short hike away from the crowds.

You're lost: What should you do now? Ask which items in the bag can be used.

Stay where you are and use your signals to make it easier to locate your position. Use what's in your backpack as needed.

While enjoying the outdoors:

- If you 'got lost' while out hiking, stop and hug a tree.
- Do everything you can to make yourself seen/heard
- Use a whistle to make yourself heard – save your voice.
- If it is getting dark use the thick trash bag as a poncho making a hole in the top so you can breathe. This will keep you warm and dry.
- If you hear any noises in the woods blow your whistle 3 times; this will scare the animals and bring your location to the attention of rescuers.
- Do not panic. Take deep breaths, sing or talk to calm you down.

Signaling for help:

- **Whistle** - Blow your whistle 3 times, stop and listen, then blow 3 more times.
- **Mirror** – Sweep the beam of reflected light across the forest in the direction toward which they think camp or the main trail is located.
- **Brightly colored clothes** – Red, orange, yellow or neon colors. Any color that contrast the most with the environment.
- **Make yourself 'Big':** make a big (about the length of a bus) 'X' on the ground, rock pile or branch pile.
- **Flashlight:** you can send out an 'SOS' signal by doing 3 short blasts, 3 long blasts, and 3 short blasts.

Review: Things I want you to remember...

Anyone can get lost without knowing it, experienced or not. I want you to know what to do in case you do get lost. Some say knowledge is power. When you are lost knowing what to do will keep you calm and focused allowing for rescuers to find you easier and making survival less challenging.

Lost prevention:

- 1) Stay with your family or group
- 2) Walk with a buddy even for short distance
- 3) Tell parents or friends where you are going
- 4) Tell parents or friends what time you'll be back
- 5) Be prepared when heading out

Basic Survival Skills when lost:

- 1) Stop and stay put by hugging a tree
- 2) Do everything you can to make yourself seen/heard
- 3) Shelter yourself from the elements
- 4) Be patient and wait for rescuers. They are coming.

Things to do before you go hiking

1. Check the weather report for the area in which you are going hiking.
2. Dress for the weather.
3. Pack extra clothing for cooler/warmer weather in a large ziplock bag.
4. If you are not feeling well or your body is hurting cancel the hike.
5. Have a plan for the hike. Make sure to leave a copy with a family member or friend. The plan should include: location of hike, distance and what time you should return.
6. Its always a good idea to have someone go with you – the buddy system.
7. Double check your supplies for the hike – replace anything you may have used previously.
8. Plan your hike so that you will have plenty of time to return to your vehicle before dark.