

Tips For Kids

SAFETY IN THE WOODS

Tell your parents where you are going and when you expect to return.

This will help searchers find you if you become lost.

Stay on well-marked trails and always hike with a buddy.

This will help prevent your getting lost in the first place. If you do get lost, you and your buddy can help each other.

Wear brightly coloured, warm clothing, and bring a hat.

A bright colour like orange or red will help you to be seen if you get lost. Weather can change quickly, so always carry some warm clothes with you.

Always carry a garbage bag and a whistle on a picnic, hike, or camping trip. An orange garbage bag is best.

If you do get lost, you can make a hole in the bag for your face (so you can breathe!) and put the bag on over your head to keep you dry and warm. Carry a whistle. It requires less energy than yelling and can be heard further than your voice.

Carry a non-perishable snack and something to drink.

You can't always rely on finding clean water if you get lost. Keep your snack, drink, garbage bag, and whistle in a baggie pinned to the inside of your jacket.

If you get lost HUG A TREE as soon as you think you are lost. A tree can be your friend while people are looking for you. It will shelter you and help you feel better. Hugging your tree will keep you in one place so you can be found.

Help people find you.

If you get lost, your parents will get a search team to find you. Don't hide if you see someone looking for you. It is probably a person from a search team, or someone else who can help you.

Stay calm!

You will be safest if you stay calm and stay in one place. If you hear a noise that frightens you, yell out your name. Animals are usually more afraid of you than you are of them.

Make yourself big.

If you are lost, try to pick a tree near a clearing so you can be easily seen. Lie down in the clearing by your tree when you hear a helicopter fly over.

**SAFETY IN THE WOODS IS BASED ON THE HUG-A-TREE AND SURVIVE PROGRAM
STARTED IN SAN DIEGO, CALIFORNIA.**