

Grand County Search and Rescue Backcountry Safety Tips

Many backcountry emergencies can be avoided by taking basic precautions before enjoying your sport or adventure.

- Always tell a responsible person where you are going, and when you plan to return. Then stick with your plan.
- Never travel alone. Often times your own traveling companions are your best resource in the event of an accident or injury.
- Check the weather and/or avalanche report before starting out. Mountain weather can change quickly.
- Be prepared for a variety of things that can go wrong by always carrying the [Ten Essentials](#). These items can be very lightweight and compact so there is no excuse to leave them home or in your car.
- Stay within your skill level at whatever activity you enjoy. If you get in over your head, stop or turn around. Taking a class or reading a book does not substitute for hands on experience.
- Do not depend on cell phones, PLBs, GPS and other “high tech” gadgets for your safety or survival. Batteries get weak, cell service can be non-existent and a rescue team can be hours away.
- Your common sense is your best safety tool. Use it. If you get into trouble remember these basic steps:

S_{top}

T_{hink}

O_{bserve}

P_{lan}

- If you do have an emergency situation, call or send for help sooner rather than later. Most Search and Rescue teams [do not charge](#) for their services and waiting to call for help can add to the problem.