

**Safety Plan for a Simple Trip**  
**(Wilderness Levels 1 & 2)**

1. **File travel plan with local authorities (park, sheriff, etc.).**
2. **Study map for access points for rescue & evacuation. Consult with local authorities as needed.**
3. **Take cell phones and verify service is available.**
4. **Emergency: have numbers for local sheriff, DNR, park manager, etc.**
5. **Know who has training in wilderness first aid, CPR, etc. Designate one of these individuals to be the sweep.**
6. **Participants complete Medical Form/Emergency Contact Sheet and bring along with insurance card and driver's license.**
7. **Give each participant itinerary information such as dates, route, locations of any lodging/camp grounds and all emergency contact phone numbers.**
8. **Each participant has trail map.**
9. **Wear loud whistle (blow 3 long blasts to signal an emergency).**
10. **Use common sense at all times.**
  - a. **watch for safety hazards like washed out trails;**
  - b. **be aware of stinging nettle, snakes, bad weather, ravines, etc.;**
  - c. **know your physical limitations-hydrate, lighten your pack as needed, etc.**