



SEARCH & RESCUE



ICE - In Case of Emergency

Here is a very simple, yet important method of contact for you or a loved one in case of emergency.

As cell phones are carried by the majority of the population, all you need to do is program the number of a contact person or persons and store the name as "ICE".

In an emergency situation, Emergency Services personnel and hospital staff would then be able to quickly contact your next of kin, by simply dialing the number programmed under ICE or find supplemental medical information

It really could save your life, or put a loved one's mind at ease.

Incorporated in 1964, the Montrose County Sheriff's Posse, Inc. is a 501(c)3 non-profit corporation celebrating over 60 years of service to the community. The MCSP provides voluntary, independent support to the Montrose County Sheriff's Office for Search & Rescue, Wildfire Suppression, Mutual Aid and other services in which the volunteers are trained, qualified and/or certified to perform.

All donations are deductible for income tax purposes to the extent allowed by law.

Thanks for your support!

Montrose County Sheriff's Posse, Inc.

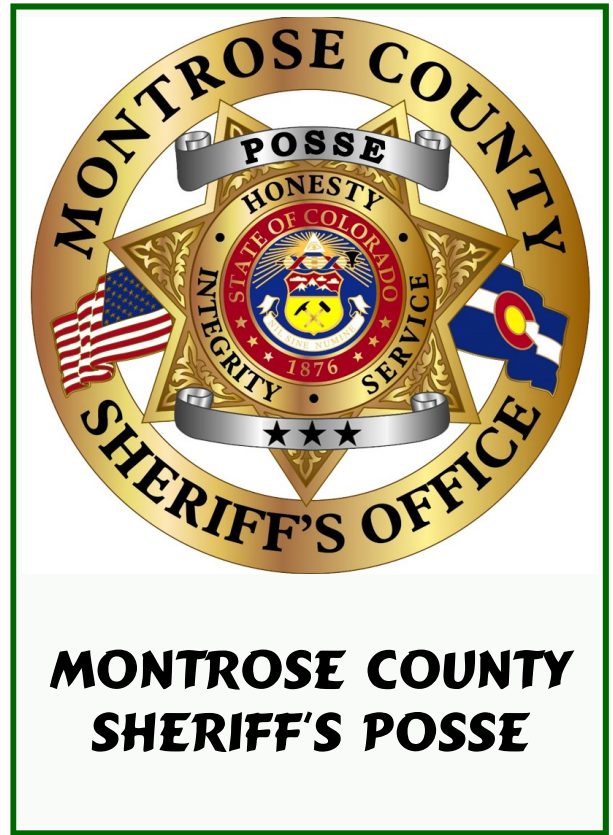
P.O. Box 717

Montrose, CO 81402

(970) 765-7033

info@mcspi.org

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**MONTROSE COUNTY
SHERIFF'S POSSE**

**Outdoor
Survival
Guide**

The Daypack

Below is a list of items to take on any outdoor activity. A summer hike in the mountains will require different items than a ski trip in the winter, so choose the right items for the activity planned. Adequate preparation will go a long way in providing the necessary protection in case of sickness or injury, weather changes, animal attack, or just becoming lost or stranded.

ESSENTIAL ITEMS

- Drinking Water: Camelback or Hydration Bladder
- Water Filter Device / Life Straw
- High Energy Foods: Trail Mix, Jerky, Power Bars, Dried Fruit
- Cell Phone & Extra Battery Pack
- Mapping App
- Medical Kit (see right)
- Compass
- Paper Map
- Flashlight
- Headlamp
- Spare Batteries (Lithium)
- Whistle
- Signal Mirror
- Solar Blanket
- Rain Poncho
- Knife
- Multi-Tool (Leatherman)
- 30' Paracord
- Duct Tape
- Toilet Paper
- Tinder Box, Magnesium & Steel, Waterproof Matches, Lighter & Candle

MISC. ITEMS

- Gloves
- Foam Pad
- Tarp
- Garbage Bags
- Folding Saw
- Binoculars
- Metal Cup
- Sun Glasses
- Marking Tape
- Electrical Tape
- Wire
- Tinfoil
- GPS receiver
- Pack Stove
- FRS Two-way Radio
- Flares
- Pen & Paper
- Altimeter
- Extra Clothing

The Medical Kit

- Lip Balm
- Insect Repellent
- Sun Screen
- Blister Pads / Mole-skin
- Tylenol /Aspirin
- Allergy Meds
- Antiseptic Cream
- Quik Clot
- Cat5 Tourniquet
- Ace Bandages
- Band-Aids
- Square Bandages
- Pill Container
- Tweezers
- Alcohol or Iodine Wipes
- Surgical Gloves
- Water Purification Tablets
- Personal Medications

Rules for Survival

To keep yourself alive in the wilderness, you must have given some thought to the possibility before the situation comes up. Survival is 80 percent attitude, 10 percent equipment, and 10 percent skill and knowledge to use that equipment.

1. *Always* tell someone where you are going and when you plan to return. If you change your general area, tell someone of that change.
2. Never go into a wilderness area by yourself. Unavoidable accidents do happen.
3. Wear proper clothing and take proper equipment. The weather can and will change.
4. If you do get lost or stranded, **stay put**. We will find you if you have followed rule No. 1.
5. Learn how to use a compass, take a map of the area and orient yourself before leaving camp.
6. Always carry a survival kit and know how to use it. A survival kit in the hands of someone who does not know how to use it can kill.

Remember... A person can survive

- 3 minutes without oxygen
- 3 hours in severe weather without shelter
- 3 days without water
- 3 weeks without food

Clothes Don't Provide Heat!

Clothes should insulate and support the body's temperature equilibrium. At the same time that our clothing should help to retain heat that the body produces, it should also transport excess moisture and heat away from the skin.

DRESS IN LAYERS

An efficient way of dressing in a cold climate is to use layers. This provides a versatile and flexible system that not only protects against cold, wind and wetness, but is also easy to ventilate or modify if you get too hot. The layering principle is divided into three main layers.

LAYER 1

A base layer, worn closest to the body, which transports moisture away from the skin. It is imperative to wick moisture away from the skin, since water conducts heat 25 times more efficiently than air. A base layer in synthetic fibers or wool is superior to cotton, which absorbs moisture and dries poorly.

LAYER 2

A mid-layer that adds extra insulation, thus retains body heat. In cold weather or if activity level is low, a thicker layer is needed. The purpose of a second layer is to trap insulating air. The more air in the clothes, the better the insulation.

LAYER 3

A wind and water repellent shell that protects against external cooling and retains the warmth created between the inner layers. Modern shell garments release some moisture through their material. During high activity levels, the garments should allow ventilation at the neck, the cuff or at other special openings to increase the release of warm, moist air.

A FOURTH LAYER

A fourth layer can be worn during break times or when making camp. Windproof, high loft down or synthetic filled garments are easy to put on over the shell layer.