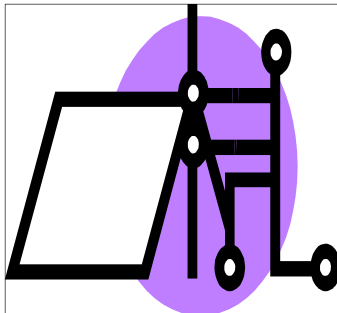


If You Think You're Lost.....

- DON'T PANIC!!
- Use the last hour of the day preparing a shelter
- Build a fire
- Never separate from each other! You need each other psychologically and physically
- If you must move, travel down a drainage
- Help will come, believe it!!

Always be prepared to spend the night!!



About the Mesa County Sheriff's Office's Search and Rescue Control Group

This remarkable all volunteer group has served the citizens of Mesa County since the 1960's. SARC consists of a dedicated group of citizen volunteers who, literally, put their lives at risk several times per year to help others. They are assisted by Sheriff Stan Hilkey's Rural Area Deputy Team.

SARC Volunteers donate their time, their equipment, and their expertise in order to save lives.

Interested in becoming a member of this elite group? Selections are made based on need, experience, skill level and ability to participate in required training. Pick up an application at the front counter of the Mesa County Sheriff's Office, located at 215 Rice Street.

Interested in helping, but unable to volunteer? Donations are gratefully accepted at the below address. Donations are tax deductible and are applied to assist with equipment and training of the volunteers. Please send donations to:

MCSO SARC
P.O. Box 20,000
Grand Junction, CO 81502-5016

Contact us at:

www.mesacosarc.org_or

www.sheriff.mesacounty.us

Winter Survival Tips Presented by:

The Mesa County Sheriff's Office



Search and Rescue Control



Before You Go

- Call the National Weather Service at (970) 243-0914 for a weather forecast
- Leave your destination and expected time of return with someone
- Never go alone but remember that your group is only as strong as its weakest member
- Always stay together



**For Safety Sake.....Stay
With Your Companions**

Things to Remember.....

- Avoid hypothermia: dress in layers with waterproof, windproof outer garment
- Don't cross frozen water unless you know the thickness of the ice.
- Try to avoid wearing earth tone colors in the wilderness. By wearing bright, visible colors, you increase your chances of being located by searchers
- Always be prepared to spend the night!!

Always Take With You.....

- A map and compass - Global Positioning Satellite Receivers (GPS) are great, but they become useless once the batteries are dead. Never rely totally on this technology, when you go out in the backcountry ALWAYS take a map and compass with you and make sure you know how to use it!!
- Tools and spare equipment parts
- Extra clothing and "space" blanket
- A flashlight and first aid kit
- Nonperishable food and water
- An avalanche beacon and snow shovel
- Waterproof matches, lighter and a candle
- A whistle and pocket knife



Avalanche Survival Tips.....

- Discard all equipment
- Make swimming motions try to stay on top and to the side of the slide
- As you come to a stop, try to make an air space in front of your face
- Remember: the best way to survive an avalanche is to avoid it



Colorado's Mountains.....Beautiful.....

And Dangerous!