

In case of emergency, give to Search & Rescue or local authorities.

Today's Date _____

Hiker Information

Hiker Name _____

Hiker Cell # _____

Hiker(s) is wearing _____

I will be hiking: _____ Alone

I will be with _____ others. **Total #:** Adults _____ Children _____ Dogs _____

Start and Finish Times (approximate)

Start date _____ Time _____ | End date _____ Time _____

Trail Information

Name of trail or area in which I / we will be hiking.

Supplies I / we have:

- Water bottles
- Clothing layers
- Headlamp
- Fire Starter
- First Aid Kit
- Whistle
- Emergency Flagging
- Sleeping bag
- Food
- Poncho

Skills I/we are trained in:

- CPR/First Aid
- WFA
- WFR
- EMT

If I'm in trouble,

Listen for 3 loud whistles

Look for 3 triangulated markers

Watch for 3 flashes from a light source



ICE for SAR

