



Two Basic Types:

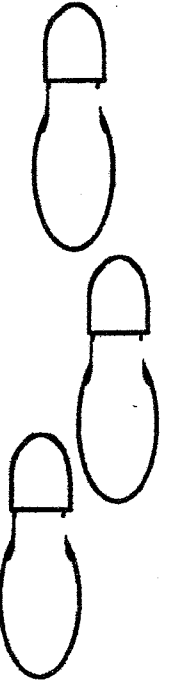
-  **Technical**
-  **Non-Technical**

Technique can be crucial in both types & influences all aspects of SAR work.

Guidelines for SAR Worker Preparedness

-- traveling in the field --

- 1. Be prepared to respond to a mission at any time.**
- 2. Maintain a high level of conditioning.**
- 3. Proper nutrition & adequate rest are essential for mission involvement.**
- 4. Maintain proper hydration levels before & during missions.**
- 5. Proper clothing for anticipated conditions must be planned.**
- 6. Appropriate equipment must be packed for expected travel conditions.**
- 7. Before travelling, plan a route & establish alternatives.**



Walking Technique

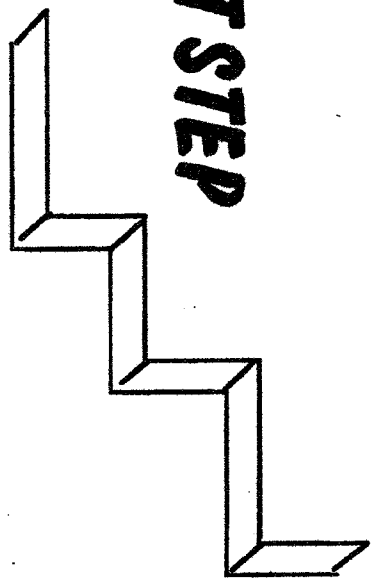
Route Finding - contours, travel aids (trails, etc.) & vegetation.

Pace - rhythmic breathing & a steady rate. (slowest person ?)

Adequate Rest Periods - coincide with pace & effort.

Walking Stick or Ice Ax Can be a Valuable Travel Aid

THE REST STEP

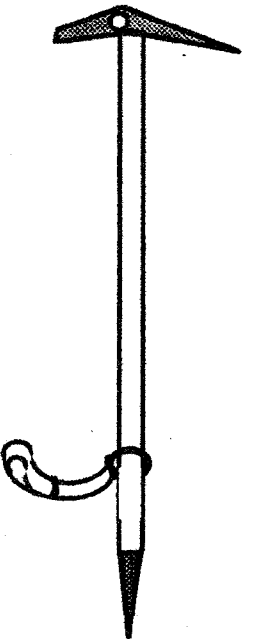


The rest step is a mountaineering technique developed to maintain pace with heavy loads, at high altitudes or in rough steep terrain.

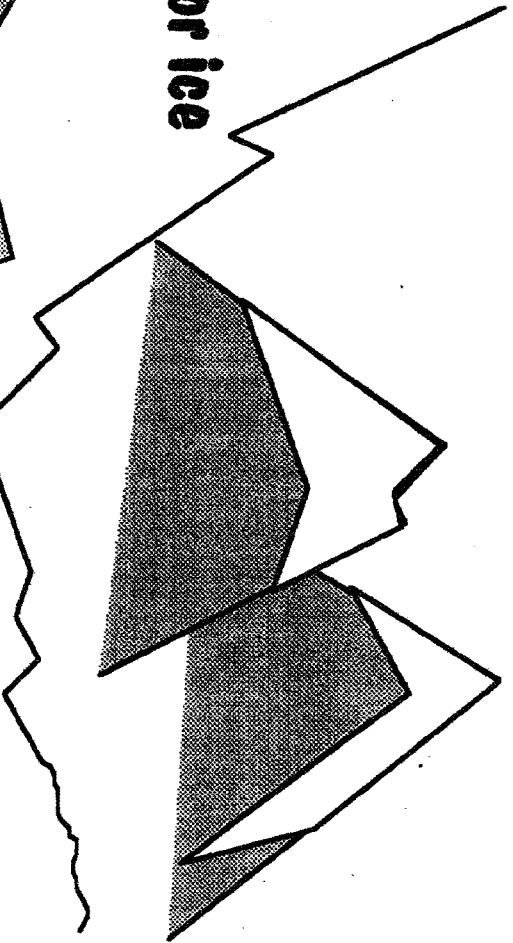
It involves taking small steps, locking each knee & synchronizing the breathing, all to allow a brief respite between each step.

The technique is slow, but in rough, steep terrain, especially at altitude, it provides for good footing & minimal waste of energy.

The Ice Ax



- Aid in balance
- A breaking device
- An anchor in snow or ice



Proper ready position and breaking technique are essential to technical mountain travel in ice and snow.

General Wilderness Travel

Be Alert and Observe Your Surroundings Constantly

- ★ Trails are paths of least resistance. Remember:

Spacing
Loosen boot laces to promote circulation on good trails
They are not the only avenue available.

- ★ Brush is to be avoided if at all possible. Remember:

Consider eye protection
Cover-up or remove projections or objects hanging from
your pack or body that will snag

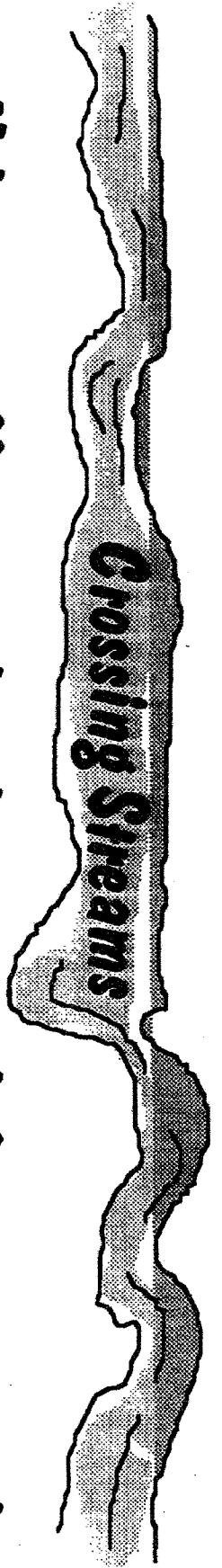
General Wilderness Travel

*** Grassy Slopes : Traverse in most cases. Remember:**

Wet grassy slopes can be treacherous with nearly any type sole.

*** Talus & Scree: In a group, stay close together. Remember:**

Avoid ascending all scree & talus slopes if possible!

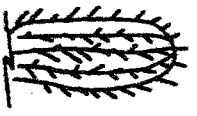


Make every effort to make a dry crossing before getting wet!

- 1. Throw sand or dirt on slippery rocks for better traction.**
- 2. Ropes used in belayed crossings should never be tied to the stream crosser.**
- 3. If you fall, put your feet downstream, swim on your back, & ditch any pack or loads.**
- 4. If possible, remove boots and socks to keep dry. (If not, try vapor barrier inside boots with garbage bags or plastic. Never put bags over outside of feet!)**

Speed & Force of Water is easy to UNDERESTIMATE

DESERT TRAVEL



Know about heat stress and it's impact on the body (i.e. dehydration, heat exhaustion, etc.)

Understand energy conservation & discipline for working in desert conditions.

Pace yourself.

Manage your water intake - Drink even when not thirsty.

- ★ Don't ration water - Ration your sweat.
- ★ Your body is the best water container.

SNOW TRAVEL CONSIDERATIONS

WHILE STILL IN TOWN:

LEARN -

- Past & present temperature
- Past snowfall type (s)
- Snow depth
- Amount, type of fresh snow
- Fresh snow after hard freeze

AT TRAILHEAD: NOTE -

- Visibility
- Snow consistency
- Wind direction, velocity
- Temperature
- Deep, dry, powder snow
- Deep, wet, heavy snow
- Slope steepness
- Timber density

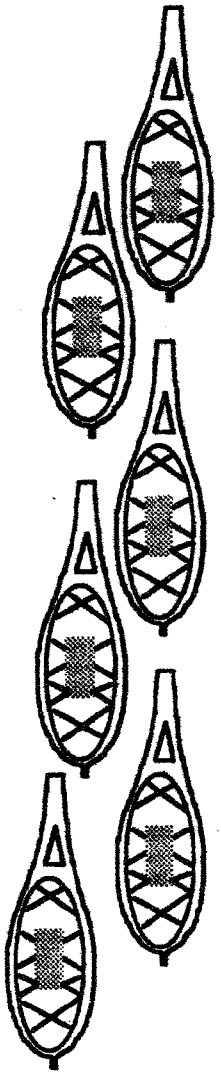


BE ALERT FOR AVALANCHE AREAS

Ask those familiar with area before venturing into the unknown.

SNOW

Travel



Common Problems:

- * **Depth Perception**
- * **Footing in Steep Terrain**
- * **White-out Conditions in Wind**
- * **Crevasses on Glacial Snow**
- * **Varying Conditions Throughout the Day**
- * **Extra Equipment (i.e. Snowshoes, skis, etc..)**
- * **Energy Expenditure in Deep Snow Conditions**

