# Contact Information

If you are interested in volunteering with the Search and Rescue Unit, please contact:

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SOLV Coordinator
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**Yuma County Sheriff's Office**

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# Desert Safety

Yuma County Sheriff's Office

## Search and Rescue

Sheriff Leon N. Wilmot
*"Dedicated to Service"*

# Take a Hike. Do it Right

Before heading out on a hike in the local desert or mountain areas, plan ahead!

Whether you are going on a casual stroll in the desert or an all day hike, this simple checklist can help keep you from becoming a statistic.

- **Don't hike alone.** Hike with a partner or a group. If hiking solo, be sure to tell someone where you are going and when you plan to return. Should you get lost or run into trouble, this will speed rescue efforts.

- **Carry plenty of water.** The hiking rule of thumb is to drink a liter of water per hour, but in weather than exceeds 85 F, the need for water intake increases dramatically. Carry more water than you think you will need. It is easy to become dehydrated very quickly without realizing it is happening. Signs of dehydration include headaches, fatigue and nausea. Drinking small sips of water throughout the day is a good way to stay hydrated. Some hikers find that pliable water bottles with tube extensions, called bladder bags, fit nicely into daypacks, and offer hikers the opportunity to sip whenever they feel thirsty while keeping their hands free.

- **Keep in contact.** Carry a fully charged mobile phone with you.

- **Bring a map.** In this device-enabled age it's easy to forget the importance of analog technology. Google will do nothing for you out in the desert.

- **Dress appropriately.** Wear hats with broad brims, sunglasses, sun screen and long-sleeved clothing. Consider wearing layers to modulate your body temperature. If you hike early in the morning, the weather will get much warmer by mid-day. If you hike late in the afternoon, be prepared for a significant temperature dip when the sun goes down. Wear comfortable, broken-in boots or hiking shoes that will protect your feet from heated surfaces and loose, sharp rocks. A slip-free sole is a must!

- **Pack snacks.** Pack a few snack bars to keep your energy high. Salty snacks are great to help retain the water you're losing so quickly.

- **Bring a flashlight/headlamp:** Desert sunsets can be the best and it's easy to spend some extra time watching the sunset from the top of a peak. The problem is you are now hiking down in the dark. Bring yourself some light. You won't regret it.

- **Take a whistle.** This will save your voice and energy and can be heard much better than your voice.

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**IF YOU GET IN TROUBLE, DO THE FOLLOWING…**

1. Stay with your vehicle.
2. Conserve your energy and water.
3. Show lights at night.
4. Use your whistle!
5. At night, use a fire.

Don't panic! If you have done the above, we'll find you.