

Tenderfoot 5b

Describe what to do if you become lost on a hike or campout



S = Stay Calm

- Sit down
- Take a drink of water and maybe eat a snack
- If you are cold, put on a jacket or sweater
- Breathe slowly and relax



T = Think

- Try to remember how you got where you are
- Look at your map to see what you can learn from the symbols and contour lines



O = Observe

- Look for footprints
- Look for landmarks
- Listen for sounds of other Scouts, vehicles, etc.



P = Plan

- Can you find your way back?
- Are you sure?
- Clearly mark the way you are going
- -- BUT --
- Best option is probably to stay where you are
- The 4-finger clock



Help searchers

- Signal with three blasts of whistle, repeat
- Build a safe fire – add green leaves or grass to make smoke
- If near an opening, spread out brightly-colored equipment
- Find shelter against rock or tree and hang a T-shirt on branch in case you fall asleep



• <https://youtu.be/lrpczqCQoHc>

Survival Tips

- Let someone know where you are going
- Carry essential tools & supplies
- When you realize you're lost – sit down
- Don't panic – consider your options
- Observe your surroundings
- Make a plan and stay in one place