

We Need Your Help!

Practically all of our team's operating revenues are raised through donations and fund raising events. More than \$100,000 in team-owned equipment must be maintained and insured. The cost of operating Larimer County Search and Rescue is growing more expensive each year.

Your donation to our team is tax deductible and will SAVE LIVES. We need your financial help to replace old rescue equipment, update communications, improve our medical equipment, and equip and maintain our rescue cache.

Please take the time to fill out the information below and return this portion of the brochure with your donation. If you donate \$100 or more, you can choose to receive our quarterly newsletter LCSTAR at no additional charge. Our newsletter will keep you up-to-date on our latest missions and team information.

Many thanks from Larimer County Search and Rescue and those whose lives we touch.

Enclosed is my tax deductible contribution to LCSAR.

Please send me a one year's subscription to LCSTAR, the quarterly newsletter of LCSAR. (\$100 or more donation required for newsletter)

(please print)

Your Name _____

Address _____

City, State, Zip _____

Please make checks payable to LCSAR. Mail completed form to:

Larimer County Search and Rescue
1303 North Shields Street
Fort Collins, CO 80524
970-498-5314
www.co.larimer.co.us/lcsar

Saving Lives

Millions of people visit the mountains of Larimer County each year. A few will become lost, stranded, or injured . . . some will die.

Our volunteers' objective is to find and rescue these lost or injured people before it's too late. These highly trained women and men are prepared to respond to emergencies and disasters 24 hours a day, 7 days a week, 365 days a year.

Larimer County Search and Rescue is a non-profit, tax-exempt organization dedicated to saving lives and educating the public on wilderness safety. Last year alone more than 4,000 people were touched by our quick response to searches and rescues as well as our wilderness safety classes.

If you would like more information on the team's public presentations or joining the team, dial our information hotline:

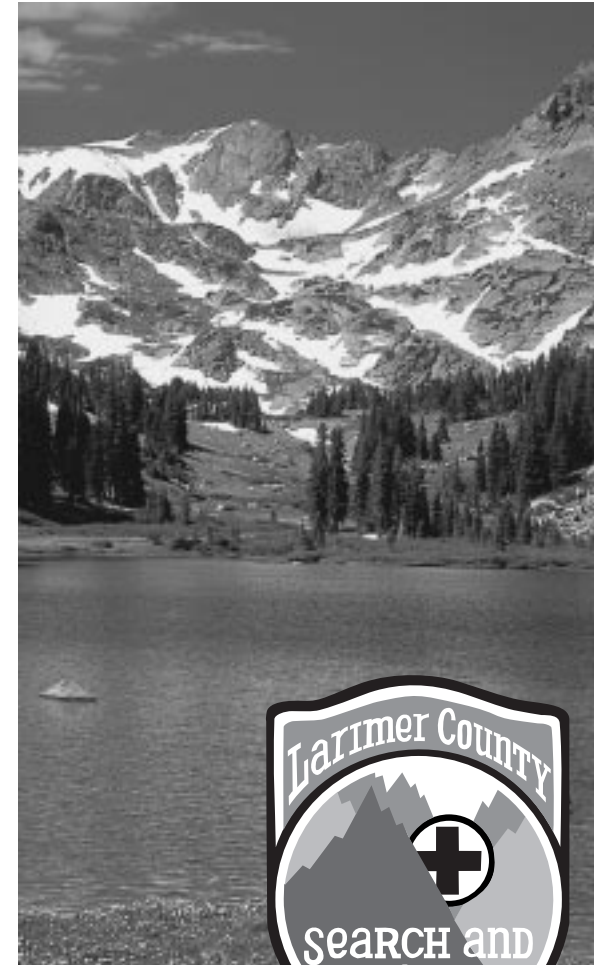
970-498-5314



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Visiting the Mountains of Larimer County

Safety Tips from Larimer County Search and Rescue



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"Being There When It Counts"



The rich variety of recreation in Larimer County is accented by its beautiful mountains, canyons, rivers, lakes, and forests. Larimer County Search and Rescue hopes that the time that you spend in our great outdoors is safe and relaxing. This information is intended to help you prepare for your outdoor adventures.

Weather:

“If you don’t like the current weather, wait a few minutes and it will change.” This well known Colorado phrase is very true of the weather in our mountains. You can see every type of precipitation any time of the year. The dangers of hypothermia exist even in the summer. Your best preparation is to check the local forecast and bring along clothing layers to protect against rain, wind and cold as well as a hat and gloves suitable for any season.

In the event of lightning, stay low to the ground and away from isolated trees and exposed metal. Keep away from exposed areas where you are the tallest object.

Call these numbers for the latest on weather and avalanche information:

Mountain States Weather: 484-8920

Avalanche Information: 482-0457

Altitude:

The altitude in Larimer County ranges from the plains to 14,256 foot world-renown Long’s Peak. The effects of altitude can come on quickly and can be dangerous. Symptoms include nausea, headache, shortness of breath and other effects. Your best preparation is to keep yourself well hydrated and warm. If you feel the effects of altitude, turn around and head back down the trail. You can always reach your original objective another day.

Preparing for your adventure:

Here are the steps you should always follow when heading into the mountains away from civilization:

- 1) Let someone know where you are going, your route, and when you expect to return. Notify them when you do return or if your plans change.
- 2) Bring several layers of synthetic or wool clothes. You can get very hot hiking, but can cool down quickly after stopping. Make sure that you have a wind-proof and waterproof layer.
- 3) Bring a hat and sunglasses. Always wear sunscreen to protect your skin.
- 4) Wear good footwear with ankle support and a firm sole with a secure grip.
- 5) Carry a compass and map of the area. Learn how to use them!
- 6) Carry emergency equipment such as matches, solar blanket, a first aid kit, whistle, signal mirror, and a flashlight.
- 7) Take ample food and about 2 quarts of water per person per day. **Don't drink from streams! You can get sick doing this.**
- 8) Keep your party together. **Don't separate!**

What to do for accidents/lost persons:

- 1) Determine the location of the injured party or the last place you saw the lost person.
- 2) If a person is injured, treat the injuries as best you can. If possible leave someone behind to care for them. Leave adequate food, water, clothes, and survival gear for the subject.
- 3) Call 911 to notify the county Sheriff’s Department of the incident. They will direct you from there and will notify Larimer County Search and Rescue if we are needed.

What to do if you are lost:

- 1) Stop walking!
- 2) Draw attention to yourself any safe way possible. Yell back if you hear your name called.
- 3) Keep calm! Pull out your survival gear, build a fire if necessary, and wait. Larimer County Search and Rescue will find you, that’s why we train so much!



Enjoy Larimer County!