



Oregon 9-1-1  
Call Information  
Be prepared to provide the following information, speak slowly and clearly. Review "Be Sure You Know" on the reverse side.

Name: \_\_\_\_\_

Cell Phone Number: \_\_\_\_\_

**Where you are calling from;**

General: \_\_\_\_\_

Specific: \_\_\_\_\_

**Nature of Emergency;**

Type of injury: \_\_\_\_\_

Severity: \_\_\_\_\_

Where is the injured party? \_\_\_\_\_

Can injured party walk? \_\_\_\_\_

**Lost?**

How many in party? \_\_\_\_\_

Last known location you can remember:  
\_\_\_\_\_

Direction traveled from there: \_\_\_\_\_

Distance/time traveled from there: \_\_\_\_\_

**What assistance do you need?**  
\_\_\_\_\_

**The Ten Essentials**

Always carry on your person a whistle and an emergency shelter (large trash bag, tube tent, mylar space-rescue blanket or bag, etc.) whenever you are outdoors.

In addition, always pack the 10 basic items on every back-country trip whether it's a day hike or a two-week backpacking trip in the mountains:

- 1) **Pocketknife**
- 2) **First Aid Kit**
- 3) **Extra Clothing**, including a hat. Based on the season, pack enough clothing to keep warm while sitting still.
- 4) **Rain gear**
- 5) **Canteen or water bottle** (Full)
- 6) **Flashlight** with extra batteries and bulb
- 7) **Extra food**
- 8) **Extra matches and fire starters**
- 9) **Sun protection:** sunglasses, sunscreen, hat, lip balm
- 10) **Map and compass.** Know how to use them

You may also want to carry a small piece (12"x18") of foam sleeping pad for insulation from the cold ground, signaling device like a mirror, a marker panel, and, in season, insect repellent and/or a head net.



Provided By Mountain Wave Search and Rescue  
mwave.org

**Oregon SAR  
Trip Planning Work Sheet**

Fill out this sheet and leave with someone in town.

Start Time: \_\_\_\_\_

End Time: \_\_\_\_\_

Purpose of Trip: \_\_\_\_\_

**The trip:**

General Location: \_\_\_\_\_

Specific Location: \_\_\_\_\_

Start Point: \_\_\_\_\_

Route In: \_\_\_\_\_

Destination: \_\_\_\_\_

Route Out: \_\_\_\_\_

Finish Point: \_\_\_\_\_

**Transportation: Vehicle Information**

Owner: \_\_\_\_\_

License Plate Number: \_\_\_\_\_ State: \_\_\_\_\_

Make/Model: \_\_\_\_\_

Year/Color: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

**Or, dropped off by;**

\_\_\_\_\_ Phone: \_\_\_\_\_

**To be Picked up by;**

\_\_\_\_\_ Phone: \_\_\_\_\_

Detach and leave with a friend in town

**Names of members of your party;**  
(include home address and phone number)

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**Special Medical Conditions:**

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**If we change plans we will notify:**

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

**Call Police/Sheriff if not returned by:**

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Detach and Leave with a friend in town

## Be Prepared

**Before you leave on your trip:**

- Plan your trip and tell your family or friends where you are going and when you will be back. **Stick to your plan.**
- Choose clothing, footgear and equipment suitable for the weather and terrain.
- Carry the your ten essentials, and your other outdoor equipment
- Get a weather forecast before you leave. Postpone your trip if bad weather is predicted.
- Carry this brochure with you.

**STOP** *if you think you are lost!*

**S Stop and stay put.** Stay calm. If you're in a group, stick together. Don't go any further without thinking things out.

**T Think.** Use your brain. It's your best survival tool. Study your map and surroundings. Don't make snap judgments. If you have any doubt about where you are, *stay put*. Move only if necessary to clear a hazardous area (avalanche, rock fall, deadfall, lightning, flash floods, etc.) then *stop and stay put*.

**O Observe.** Are there any hazards nearby (avalanche, rock fall, deadfall, lightning, flash floods, etc.)? What condition are you and your party members in? Does anyone need first aid? What does the weather look like? What do you have with you to help? Where is the best spot *within view* to make camp?

**P Plan and prepare.** Rig a shelter near an open space, if possible. If it can be done *safely*, make a fire. Set out signals (streamer, marker, or panel). *Rest. You will survive. Wait for help. It's on the way!*

## Emergency Use of Cell Phones in the Back Country

### Who will I Reach?

9-1-1 calls for assistance are picked up by the nearest cell tower in the most direct line of sight to your location. It may be sent to a county 9-1-1 center, different from where you are, or even a different state.

Be prepared. Use 9-1-1 only in case of an actual emergency. Remember, help may be several hours away or longer.

### Remember to:

- Leave with a fresh, fully charged battery.
- Carry extra, charged batteries with you.
- Keep batteries warm for extra-long use.
- Instruct everyone in your party on how to use your phone.
- Be prepared to give complete information about the nature of the emergency when placing a call for help. You may only be able to make one call.
- Send a text message to your in town contact even if you do not have service. The message will most likely send when you get even a short area of service.
- Keep your cell phone on. The searchers will be able to track your phone.

### Be sure you know:

- Your location, including the trailhead and nearest city, destination or waypoints.
- Your cell phone number.
- How your cell phone works.
- How to increase your signal strength, to include: pointing your antenna up, finding a clearing, gaining elevation, and turning your body - you may be blocking the signal.

**Cell phones should NEVER replace preparedness.**