

## Communications – Stay Connected

### Radio (both AM & FM)

Various radio channels can help keep you informed of current emergency events.

### Emergency Radios

Keep you informed on local weather watches and warnings, including imminent dangers due to weather.

### Family Frequency Walkie-Talkie Radios

Another excellent option for communicating with separated family/group members. Keep them charged. Practice with them in advance. Know what channels to use and make sure other family members know those channels as well.

### Ham Radio

Can help in communicating with more people at great distances. Try to identify a HAM Radio operator in your area.

## Traveling

### Traveling Away from Home

Whether road or wilderness traveling make sure someone knows your itinerary.

### Navigating in the Outdoors

If you do get lost, keep your cool. Conserve your resources and energy. Do not panic. Do not wander. Do not stray from the point where you became lost. You are more likely to be seen if you are on top of a hill than in a valley. You will also have a better view of possible roads, trails, landmarks, and even rescuers.

### Signaling

Try to signal your whereabouts for would-be rescuers.

**Remember the rule of threes.** Three of something generally means you need help: three fires, three bright orange tarps, three flashes of light, and so on. Use green, wet wood for your fires during the day to produce more smoke. At night, use dry wood for a brighter flame, which is easier to spot.

**Light sticks** can also be used as a signal. Yellow typically means you need help, and red means you need medical assistance. However, any color will work just fine for signaling someone. Just remember to use a color that contrasts with your background. For example, try not to use a white light stick if there is snow all around.

***Light sticks can be very handy and helpful, BUT they are a messy chemical waste. After use collect and store them for permanent disposal in the same sack, bag, or box you kept them in before use.***