



**Real Backcountry Survival Strategies**  
**Four Basic Responsibilities, the Ten Essential Systems**  
**Tuesday, February 16, 2010**  
**FREE class - Bend Public Library 6 to 8pm**

**"We would like to take this opportunity to ask our visitors to the backcountry of Oregon to plan for the unexpected. Each person should dress for the forecast weather and take minimum extra clothing protection from a drop in temperature and possible rain or snow storm or an unexpected cold wet night out, insulation from the wet ground or snow, high carbohydrate snacks, two quarts of water or Gatorade, a map and compass and optional inexpensive GPS and the skills to use them, and a charged ordinary cell phone and an optional inexpensive SPOT satellite communicator. Carry the traditional personal "Ten Essentials Systems" in a day pack sized for the season and the forecast weather."**

**"Visitors are reminded to tell a Responsible Person where they are going, where they plan to park, when they will be back and to make sure that person understands that they are relied upon to call 911 at a specific time if the backcountry traveler has not returned. If you become lost or stranded, mark your location and stay still or move around your marked location to stay warm. Do not try to find your way, becoming exhausted or worse yet - wet. Wait for rescuers."**

**Robert Speik of [www.TraditionalMountaineering.org](http://www.TraditionalMountaineering.org)**