Outdoor and Backcountry Safety

NICK LAW

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Agenda

- Current events
- Common causes of accidents
- Staying safe in the outdoors
“It was a freak accident...”

- **Colorado**
  - 11 fatalities on Colorado 14ers this year.
    - Capitol peak, Maroon Peak, Ellingwood Point, Mt. Princeton, Longs Peak.
  - Recently climbers missing on Pikes Peak and Missouri Mountain.
  - Rattlesnake bite killed hiker on Mt. Galbraith on October 7.

- **Montana**
  - First avalanche fatality of the year on October 7.

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**Common Causes of Accidents**

![Chart showing common causes of death in 2014. The causes are listed vertically, and their percentages are indicated by bars. The most common cause is listed at the top with a percentage of 34.2%, followed by other causes such as heart attack, stress, and unknown causes.](chart-url)
Staying safe in the hills

- **Know your route**
  - Do diligent research on your route.
  - Know distance, elevation, hazards, etc.
  - Bring a map.

- **Check the Weather**
  - Hope for the best, prepare for the worst.
  - Start early.
  - Travel with layers.
    - Base, mid, shell
  - Sunscreen, eye protection.

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Staying safe in the hills (cont.)

- **Get the gear**
  - Have the proper tools for your adventure
    - Backpacking: tent, sleeping bag, stove, water filter
    - Hiking: proper footwear, backpack
    - General mountaineering: harness, rope, hardware
    - Snow travel/backcountry skiing: BSP, crampons, ice axe

- **Get the training**
  - Travel with someone with more experience.
  - ORC classes.
  - First aid/CPR
  - Bentgate/REI clinics.
  - AAIREE courses.
Staying safe in the hills (cont.)

- **Make a plan**
  - Leave an itinerary
  - Where, when, with whom
  - Stick to it
  - Know your check points
  - Turnaround time

Safety Summary

- Know your route
- Check the weather
- Get the gear
- Get the training
- Make a plan
Further reading/useful resources

- Colorado 14er/13er routes: www.14ers.com
- Colorado avalanche forecasting: avalanche.state.co.us
- ORC website: http://minesathletics.com/sports/2016/7/10/outdoor-recreation-home.aspx
- Mountain weather forecasts: www.mountain-forecast.com
- First aid training: http://www.redcross.org/take-a-class/first-aid
- AAIRE training: http://avtraining.org/
- 10 essentials: www.rei.com/learn/expert-advice/ten-essentials.html

Questions
Sources


