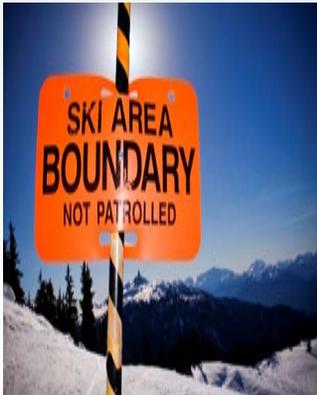


Essentials Checklist

- ◆ Fire Starter (solid fuel, candle)
- ◆ Compass
- ◆ Knife
- ◆ Whistle
- ◆ Clothing change (socks, gloves, long underwear, top and bottom)
- ◆ Ground cover (closed cell foam)
- ◆ Nylon cord
- ◆ Wind and weather shield (space blanket)
- ◆ Flashlight
- ◆ Minimum 1000 cc water
- ◆ High energy food (peanut butter, granola bars, honey, raisins)
- ◆ Sierra cup
- ◆ Signaling device (mirror)

Avalanche danger exists in all areas, especially for backcountry skiers. Freeze-thaw cycles, temperature changes, and steep mountains make avalanches unpredictable. Just the added weight of a skier can be enough to start an avalanche on an unstable slope. For your protection, pay close attention to areas posted "No stopping" or "Out of Bounds," and observe boundary markings in ski area. Remember, alcohol impairs judgment. Do not endanger yourself or your group!



Avalanche Phone Numbers

The Utah Avalanche Forecast Center provides daily forecasts of back country conditions as well as mountain weather information. This forecast is updated at least once daily.

Salt Lake Area.....364-1581

For Road Conditions.....511
Toll Free.....1-800-492-2400

**IN CASE OF EMERGENCY
PLEASE NOTIFY THE
UNIFIED POLICE
DEPARTMENT
AT 911
OR
FOR NON-EMERGENCY
CALLS 743-7000**



**UNIFIED
POLICE**
GREATER SALT LAKE

3365 South 900 W
Salt Lake City, UT 84119

CANYON SAFETY

Canyon Safety

A Backcountry Checklist



SALT LAKE COUNTY SHERIFF'S OFFICE
Sheriff James M. Winder

www.updsl.org
801-743-7000

Our canyons offer some of the finest skiing and outdoor activities in the world; however, there are dangers. As many as 20,000 vehicles share the roads in Big and Little Cottonwood Canyons each day so travelers need to use caution while driving. During winter months, avalanches threaten those who visit the canyons. Learning about avalanche safety and taking extra precautions during this season could save your life!

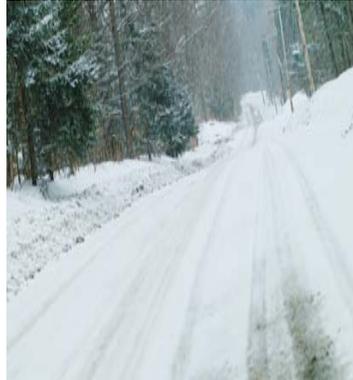
Tips for Travel

- ◆ Have a full tank of gas, a tow rope, shovel, flares, and booster cables.
- ◆ Snow tires or mounted chains are required Nov. 1st through May 15th.
- ◆ Check road conditions and weather forecasts, but expect changes. Water on the road can quickly change to black ice.
- ◆ Clear windows of ice and snow. Make sure the wipers and defroster are in good condition.
- ◆ Secure ski equipment and other items to prevent load shifts.

- ◆ Obey speed limits and curve warnings. They are there for a reason.
- ◆ Watch for wildlife and road-side activity.
- ◆ Passing zones are limited—don't take chances!
- ◆ When traveling downhill, use a lower gear.
- ◆ Allow extra following and stopping distance.
- ◆ Be patient. Trucks, busses and snowplows share the road.
- ◆ Buckle up—it's the law!
- ◆ Don't ever drink and drive!

Avalanche Safety

- ◆ Obtain basic avalanche knowledge.
- ◆ Bring a shovel, a collapsible pole, and an avalanche transceiver and know how to use it.
- ◆ Watch for landmarks
- ◆ Monitor avalanche conditions
- ◆ Observe



First Aid Kit

All backcountry travelers should be able to recognize the early signs of hypothermia (odd behavior, slurred speech, uncontrolled shivering) and should monitor each other. Also you must have a basic first aid kit.



Awareness

Always be alert to your surroundings, changes in weather conditions, and the physical conditions of your party members.

Proper Notification

Notify a responsible individual of your plans, including the time of departure, destination, number in your party, and your estimated return time. Conditions in the backcountry can change at a moments notice. You and your companions may have to depend on your common sense and judgment, so be prepared. Always take enough gear to survive an extra day or two.