



What are the Steps to a successful hike?

I. Plan Ahead and Prepare

- Do you have the right gear and information for a successful hike?

II. Stay Safe While Hiking

- Are you aware of yourself and your surroundings?

III. Emergency Response

- Do you know what to do in the event of an emergency?

Who We Are

About Us

Oahu Search & Rescue (OSAR) is a private volunteer service organization dedicated to wilderness and preventative search and rescue education on Oahu and neighbor islands.

OSAR is a 501C3, non-profit organization

Contact Us

*In an emergency, always call 9-1-1 first

Call-Out Phone: (347) 620-6727

Email: OahuSAR@gmail.com

Web: www.oahusar.org

www.facebook.com/oahusearchandrescue/

Please feel free to contact OSAR to

- Request a program
- Make a donation
- Volunteer
- Learn more about the organization



HIKING SAFETY

A summary of hiking safety tips

PLAN AHEAD AND PREPARE

- A) Research Your Route**
- Know the trail and be prepared for how long and difficult it is
- B) Be honest with yourself and don't get in over your head**
- Hike to your abilities, know your limits so you get home safe
- C) Tell others where you're going and how long you plan to be gone**
- Fill out a hiking plan. Tell someone when and where you are hiking so they can call for assistance in the event of an emergency
 - *Find a hiking plan on our website: oahusar.org*
- D) Hike with a buddy**
- Hiking alone is risky business
- E) Wear proper footwear and clothing**
- Different trails may require different gear and clothing.
- F) Carry the 10 Essentials and any other necessary gear for the specific hike**
- The 10 Essentials should always be carried, but may not be all that you need for your specific hike.
 - The 10 Essentials include:
 1. Navigation (Map & Compass)
 2. Sun Protection (sunglasses & sunscreen)
 3. Insulation (Extra Layers)
 4. Illumination (headlamp / flashlight)
 5. First Aid Supplies
 6. Fire (waterproof matches / lighter / candle)
 7. Repair kit / Tools
 8. Nutrition and Hydration (Extra Food and water)
 9. Emergency Shelter (tent / plastic tube tent / garbage bag, etc.)
 10. Signaling Device (whistle, signal mirir, etc.)

STAY SAFE WHILE HIKING

- A) Stay on the trail**
- Taking a trail "shortcut" is a common way to quickly get lost.
- B) Stay together**
- When hiking with a group, all hikers should be looking out for each other. Even experienced hikers need a hand now and then.
- C) Monitor the weather**
- Weather conditions often change quickly on Oahu which can take a hike from leisure to dangerous in little time.

*"OF ALL THE PATHS YOU
TAKE IN LIFE, MAKE SURE
A FEW OF THEM ARE DIRT"*

- John Muir

- D) Watch the time and have a turn-around time**
- It's common for hikers not to give themselves enough time to complete a hike. Give yourself a turnaround time and stick to it, it is more important to get off the trail safely than to complete your route.
- E) Wear bright colored clothes**
- Bright clothing is not just to keep you from getting shot by a hunter, it makes you more visible which can be the determining factor in whether a lost hiker is found or not.

IN AN EMERGENCY



One of the largest challenges when facing an emergency is staying calm. Keeping your cool gives you the best chance to make the right decisions.

Use the 'STOP' acronym

- **S: STOP / SIT.** Force yourself to take a break until you feel you are in control.
- **T: THINK.** This will be a challenge if you are not calm, it is very hard to be logical while panicking. You need to try and analyze your situation thoroughly.
- **O: OBSERVE.** Take note of your surroundings for potential opportunities and threats. What resources do you have that can help in the emergency? Have you brought your navigation, shelter or first aid supplies? Is there edible vegetation and drinkable water in your vicinity? Are you in a dangerous area that you need to move away from?
- **P: PLAN.** Once you have sat down, calmed down, thought about your priorities and basic needs, and observed what resources are available to you, both in your pack and in the surrounding environment, then you can make a well-thought out and informed plan of action