



MONTEZUMA COUNTY, COLORADO

EMERGENCY PREPAREDNESS NEWSLETTER

June 2, 2010

It's summer at last! After our lingering winter, everyone is ready to get outside and enjoy the best of what our region has to offer! Hiking, bicycling, climbing, rafting and camping are just some of the great opportunities we enjoy in Montezuma County.

While you're planning your next excursion, take a little time and make sure you're ready for the unexpected during your trip.

Check your gear and make sure everything is as it should be, and that you have emergency supplies included in your kit.

Open your pack, empty out the moldy cookie crumbs and desiccated mosquito carcasses from your last hike, then check your first aid supplies.

Many "off-the-shelf" kits have a few essentials and lots of items which are of limited use in the back country. Add things like sunscreen, insect repellent, water purification tablets (or a filter system), old towels which can be used for bandages, slings or splints, aspirin, Benadryl, safety pins, cleansing wipes (non alcohol), single-edge razor blades, a small flashlight and extra batteries, spare pocket knife, pencil, notebook and small tool kit are things which are essential for first aid in the wilderness.

Check to see whether items have deteriorated over the winter; creams and gels dry out, Band Aids crumble with exposure to temperature change.

The Red Cross offers courses in Wilderness First Aid, as do medical providers. You can sign up on line; the cost is minimal, and if you ever experience an emergency in the back country, you'll find this money well spent!

Enjoying the best the outdoors has to offer is one of the reasons we live here; take the time to prepare, and you can enjoy your summer safely and in good health!

Stay Prepared!

Doug