

MARICOPA COUNTY DEPARTMENT OF EMERGENCY MANAGEMENT
2035 North 52nd Street, Phoenix, Arizona 85008
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FACILITY IS NOT WHEELCHAIR ACCESSIBLE

DESERT SURVIVAL

Always inform someone of where you are going, your route, and when you expect to return.

Stick to your plan.

Carry at least one gallon of water per person per day, a first aid kit, and personal survival kit.

Be sure your vehicle has a sound battery, good hoses, a spare tire, necessary tools, and sufficient gasoline and oil.

Keep an eye on the sky. Flash floods may occur any time "thunderheads" are in sight, even though it may not be raining where you are.

Be alert to three conditions which can pose an immediate threat to your life -HYPEROTHERMIA, DEHYDRATION and HYPOTHERMIA.

Test the footing before driving through washes and sandy areas. A one minute check may save hours of hard work or a punctured oil pan.

Stay near vehicle if it breaks down. Raise hood and trunk lid to denote "help needed." Leave a disabled vehicle only if you are **positive** of the route to get help. Leave a note for rescuers with the time you left and the direction taken.

When not moving, use available shade or erect some shade from tarps, blankets, or seat covers to reduce the direct rays of the sun.

Do not sit or lie directly on the ground. In sunlight, the ground usually is 30 degrees hotter than the air.

Rest at least ten minutes each hour if walking. A normally inactive person should rest 30 minutes each hour. Find shade, sit down, prop up feet.

If you have water, drink it. DO NOT RATION IT.

If water is limited, avoid stressful activities. DO NOT talk, eat, smoke, take salt or drink alcohol.

Keep clothing on, as it keeps body temperature down and reduces the dehydration rate. Cover your head. Improvise a head covering if a hat is not handy.

A roadway is a sign of civilization. IF YOU FIND A ROAD, STAY ON IT.

To avoid poisonous creatures, put your hands and feet only where your eyes can see.