

# 2022

## Cataldo Pilgrimage Chapter Support Guide



## Table of Contents

Overview.....	2
Reference.....	3
Contact Info .....	3
Route, Times and Distances.....	4
Friday .....	4
Friday Coeur d’Alene Map Detail.....	6
Campsite Entrance.....	7
Campsite Parking Area.....	8
Saturday.....	9
Sunday .....	10
Directions.....	11
Summary of your Role .....	13
Responsibilities .....	16
In case of Emergency .....	24
Scenarios.....	24
Dehydration .....	24
Heat Stroke/Heat Exhaustion .....	25
Wild Animals.....	26
Automobile Accidents.....	28
Fires .....	29



## Reference

### Contact Info

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## Route, Times and Distances

### Friday

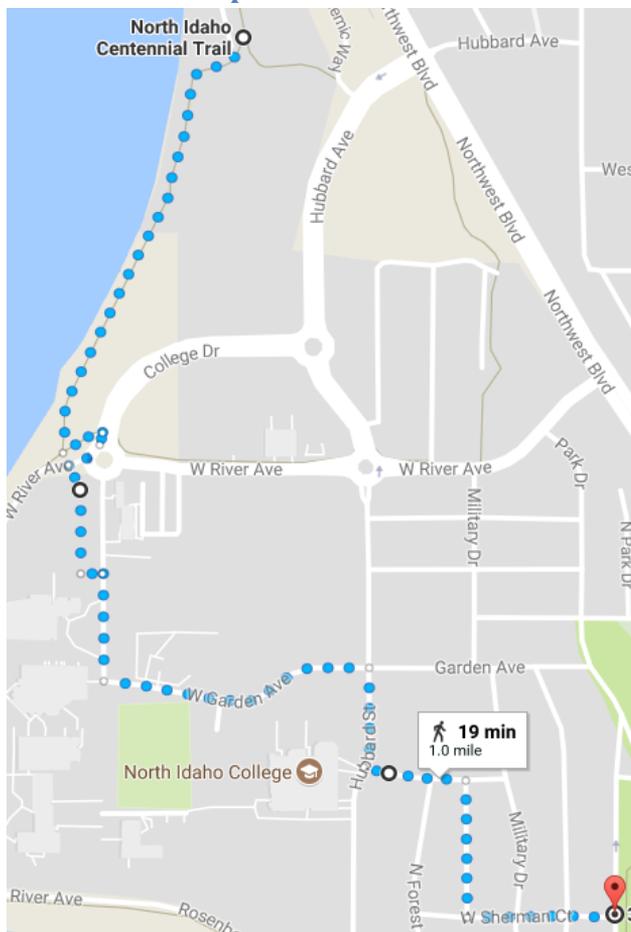
From	To	Miles	Pace	Time	Starting	Arrive	Actual	
Leave Church	Rest Area	3.88	2.75	85	7:15 AM	8:39 AM		
** Break **				20	8:39 AM	8:59 AM		
Rest Area	Riverstone Pond	3.02	2.75	66	8:59 AM	10:04 AM		
** Break **				10	10:04 AM	10:14 AM		
Riverstone Pond	Sherman Park	2.05	2.75	45	10:14 AM	10:58 AM		
** Break **				10	10:58 AM	11:08 AM		
Sherman Park	Condo Rest Stop	2.75	2.75	60	11:08 AM	12:08 PM		
** Lunch **				45	12:08 PM	12:53 PM		
Condo Rest Stop	Dead Man's Hilltop	2.51	2.5	60	12:53 PM	1:53 PM		
** Break **				10	1:53 PM	2:03 PM		
Dead Man's Hilltop	Higgins Point	2.12	2.75	46	2:03 PM	2:49 PM		
** Break **				10	2:49 PM	2:59 PM		
Higgins Point	Trailhead Entr.	2.03	2.65	46	2:59 PM	3:44 PM		
** Break **				10	3:44 PM	3:54 PM		
Trailhead Entr.	Wolfcreek Rd. Turn	2.75	2.65	62	3:54 PM	4:56 PM		
** Break **				10	4:56 PM	5:06 PM		
Wolfcreek Rd. Turn	Edgecreek Camp	2.53	2.65	57	5:06 PM	6:03 PM		
Total Mileage		23.64						

From Church – south on Lincoln to 3rd and Centennial Trail, turn East, Stay on Centennial Trail which leaves 3rd street after a couple of blocks. Stay on trail to Greensferry – cross street , walk along railroad tracks to Potlatch street. At Potlatch – walk up to Seltice, walk on sidewalk to Highway 41 and after crossing street – reenter Centennial Trail. Continue on trail until after first break, and when trail crosses North/South trail – turn right and head south towards riverstone area. Stay on trail after second break until the trail forks. Stay to the right and walk along the lake to W River Drive. Walk through the round about and continue

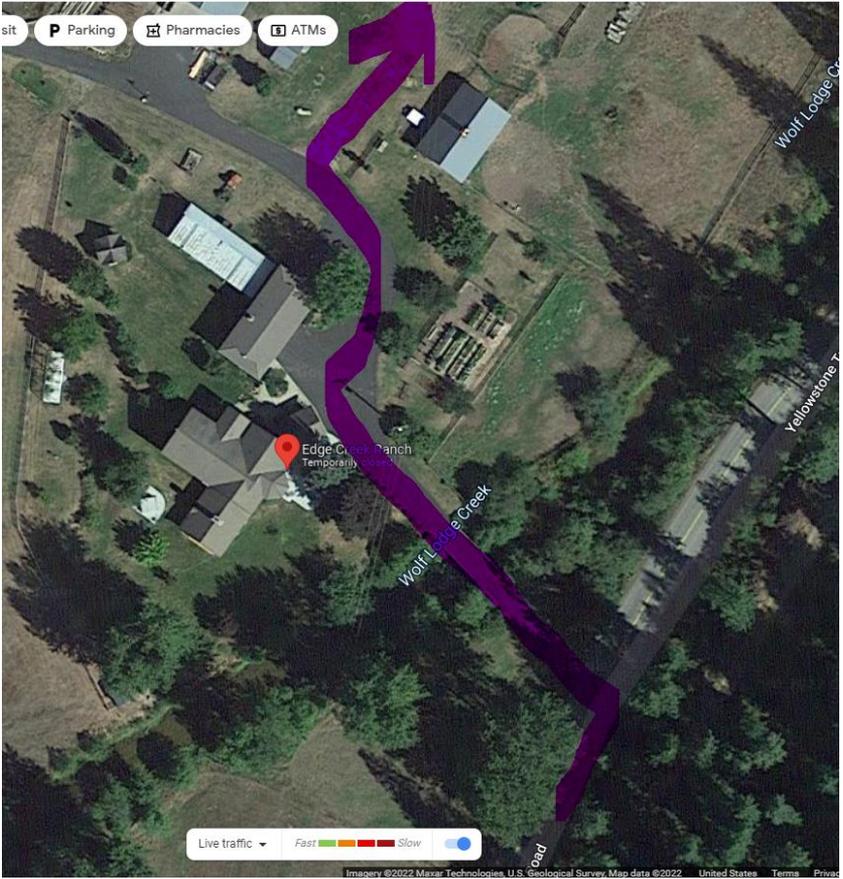
south on College Drive. Turn East onto West Garden Avenue, and continue East to Hubbard. Head South on Hubbard, and turn East on the first street. Continue East One Block, then head South to W Sherman Court (it's an alley) – turn East and enter Sherman Park for another break. After the break, leave Sherman Park on East Lakeside, cross street and walk East to 8th Street, then down to Mullan and continue on Mullan East to E Coeur d'Alene Lake Drive. Head South – staying on centennial trail until we reach Higgins Point. After break, continue East then walk under highway and up trail coming out onto S Molstead Lane – and continue North East until it merges into E Yellowstone Trail.

**Note! After the Trash Dumpsters, stay to the left at the fork.** The gravel road proceeds uphill. After the break, Continue on this road until it turns into I-90 Frontage Road, then continue East until S Wolf Lodge Creek Road – Turn Left. Walk on S Wolf Lodge Creed Road 1.7 miles to the fork (intersection) of Alder Creek Road. Continue left for .3 miles. The entrance to the campsite is on the left and will be marked.

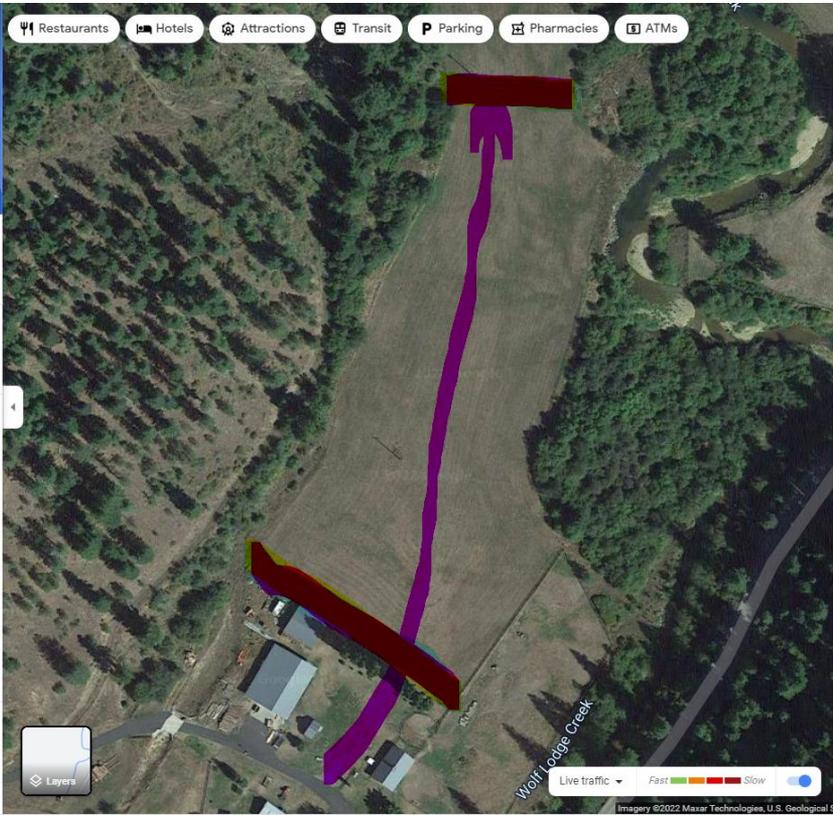
### Friday Coeur d'Alene Map Detail



### Campsite Entrance



### Campsite Parking Area



## Saturday

From	To	Miles	Pace	Time	Starting	Arrive	Arrive	
Camp Site	Whitcomb Excav.	2.67	2.75	58	9:30 AM	10:28 AM		
** Break **				15	10:28 AM	10:43 AM		
Whitcomb Excav.	Before Canyon Rd.	3.01	2.75	66	10:43 AM	11:48 AM		
** Break **				15	11:48 AM	12:03 PM		
Before Canyon Rd.	Dredge Road	2.64	2.75	58	12:03 PM	1:00 PM		
** Break **				10	1:00 PM	1:10 PM		
Dredge Road	Past Overpass	1.25	2.75	27	1:10 PM	1:37 PM		
Past Overpass	Cataldo	0.36	2.5	9	1:37 PM	1:45 PM		
Total Mileage		9.93						

From campsite, head South on Wolf Creek Lodge Road. At the intersection with Alder Creek Road, turn left to stay on Alder Creek Road. After our second break, we will cross the overpass and head up the fire road (stay to the left at the initial 'Y'. We will stop for lunch at Rose Lake Saddle. After lunch, we head East over a series of dirt mounds and walk on forest trails, and we descend onto a private Road just North of Doyle Road in Rose Lake. We head South on the private road until we reach Doyle Road, and then head East on Doyle Road to the campsite.

## Sunday

From	To	Miles	Pace	Time	Starting	Arrive	Arrive	
Camp Site	Whitcomb Excav.	2.4	2.75	52	9:30 AM	10:22 AM		
** Break **				15	10:22 AM	10:37 AM		
Whitcomb Excav.	Before Canyon Rd.	2.7	2.75	59	10:37 AM	11:35 AM		
** Break **				15	11:35 AM	11:50 AM		
Before Canyon Rd.	Dredge Road	2.3	2.75	50	11:50 AM	12:40 PM		
** Break **				10	12:40 PM	12:50 PM		
Dredge Road	Past Overpass	1.25	2.75	27	12:50 PM	1:17 PM		
Past Overpass	Cataldo	0.25	2.5	6	1:17 PM	1:23 PM		
Total Mileage		8.9						

From campsite, head East on Doyle road until the stop sign at highway 3. Continue south on Doyle road, then turn East onto E Meadow Road. Meander on E Meadow Road until we reach Whitcomb Excavation for our first break. After the break, continue until we reach the river. Proceed East following the river until the road ends at S Tamarack Ridge Road. Go North until we cross the freeway. Just before canyon road will be our second break. Turn right onto Canyon Road. Walk along canyon road to Dredge road, and turn right. Our third break will occur after we turn onto Dredge Road. Stay on Dredge road until it crosses the overpass. After we cross the overpass, the chapters will all slow down and wait for the remaining chapters to arrive. We process into The Sacred Heart Mission as a single body.

## Directions

Riverstone Park – From I90 – Exit Exit 11 (Northwest Blvd) and turn right at top off off-ramp. Proceed south-east on Northwest Blvd for .4 miles to N. Lakewood Drive. Turn right onto N. Lakewood Drive, then your first right onto W Riverstone Drive. Proceed to N. Beebe Blvd (less than 400 yards). Turn left onto N. Beebe, then right onto Tilford Lane. The park is in front of you.

Sherman Park – From I-90 – Exit 11 (Northwest Blvd) and turn right at top off off-ramp. Proceed south-east on Northwest Blvd for 2.5 miles to Mullan Road. Turn right on Mullan – the park is on the left.

Edgecreek Campsite – From I-90 – Exit 22 (Harrison Road Exit) - turn left at top of off-ramp. Cross highway, turn right onto the frontage road. Continue .5 miles to Wolf Creek Lodge Road - turn left. Proceed 1.9 miles to the Y and continue left on Wolf Creek Lodge Road. Continue North for 1 mile and veer to the left at S Gateway Ranch Road. Make your first left then head south on S Searchlight Lane. The entrance to the property where we camp is at the end of this lane.

Rose Lake Saddle – From I-90 – Exit 28 (4<sup>th</sup> of July Pass Recreation Area Exit) and turn right at the top of the off-ramp. Proceed into the wilderness on the well maintained dirt road (Forest Service Road 439) approximately 4.4 miles until you reach the Saddle. There are a few other intersecting roads on the way – stay on the widest, most maintained. Don't turn.

Rose Lake Campground – From I-90 – Exit 34 (Rose Lake Exit) and head South on Highway 3 for 1.5 miles. Turn right onto Doyle Road. Proceed 1.1 miles on Doyle road to the large field on the north side of Doyle (the lake is to the left). The field on the NORTH side of the road (to your right) is the campground.

Cataldo – From I-90 – Exit 39 (Old Mission State Park Exit) – turn right and follow the signs. Parking is free for the day – turn up the entrance and park where designated

## Summary of your Role

Please be aware that your role as Chapter Leader is critical to the success of the Pilgrimage. Your leadership will set the tone and morale for the pilgrims in your chapter. They and the Religious assigned to your chapter will be depending on you!

Each chapter should be assigned two Chapter Leaders. Between the two of you, you'll take care of both the physical and spiritual needs of the pilgrims assigned to your chapter.

At any given time during the pilgrimage, one Chapter Leader may focus on the security and safety, while the other attends to the Rosary, Priest or other Spiritual tasks. The two Leaders should discuss both sets of duties and explicitly plan for all of them to be taken care of.

The first responsibility is the safety of the pilgrims. Use this guide and your best judgment to decide the best course of action in case of situations that arise during the pilgrimage. Whether its acts of God, wild animals, or other people, we need to finish the pilgrimage with everyone healthy and safe.

After safety, the health of the pilgrims is your biggest responsibility. Obviously, there will be aches and pains and exhaustion and blisters. This is to be expected. However, dehydration, heat exhaustion, infection and other more serious issues can and should be avoided by your attention to the pilgrims and your intervention. **PAY ATTENTION!** Take Care of the Physical Well-being of your Chapter – As Chapter Leader, you should also be continually aware of

the physical wholeness of your pilgrims. It's important that you keep track of their hydration, nutrition and whether they are developing blisters or other sores.

More than anything else, be aware at all times of your surroundings, the traffic, the weather, etc. and be concerned about the safety and physical health of the pilgrims. Don't forget about the Priest or Religious.

Maintain the Correct Chapter Size and Pace – We've determined that a chapter size of 25-30 pilgrims and a pace of 2.75mph are ideal for several reasons which include the ability for the priest to preach without shouting, and for the largest number of people to walk the entire pilgrimage. It is your very important duty to insist on both of these points.

With a safe and healthy chapter, the pilgrims can walk in peace and derive a great spiritual benefit.

After safety and security, your duty is to enable the Priest to perform his tasks easily, and when the Priest is not present, to fill in as best as you can, and enable the pilgrims to derive a great spiritual benefit from walking on this pilgrimage.

It is not as simple as saying that it needs to be structured and prayerful the entire time that the Pilgrims are walking because, since we are all human, we have a soul as well as flesh and blood. There are times that we need to be looking at the scenery or talking to our friends, and there are times to pray. The challenge will be in judging the spirit of the chapter as a whole and deciding the times to pray,

the times to let people talk, the times to sing and the times to walk in silence.

Not every chapter will do things the same way. In other words, not only is it impossible, but we don't want to enforce some kind of a rule that says, for example, "everybody in every chapter will all be praying the Joyful Mysteries at 9:15 in the morning". Not only is this impractical, but the reason we don't want to try to do something like this is because everybody who is walking on the pilgrimage is at a different age and state in their life.

For some Pilgrims they want to be in a chapter that is more prayerful; other Pilgrims, while they certainly want to pray, they also want to be in a chapter where there are other people that maybe they can talk to and learn more on how to raise a family better or find out how other people's lives are going.

While you should have principles and a general direction that you're striving for, you have to be able to think quickly and assess at each time during the walk, what is best for your chapter spiritually.

Keeping in mind that any given walk is around one hour, you should plan that walk before the walk begins. You will know the time of day, the terrain, the weather, and who your chapter consists of.

You need to decide if this next segment should be singing the Rosary, or meditations, or some quiet time, etc. And you need to consider this for all of the segments for each of the three days.

## Responsibilities

**Physical Health** – Exercise judgment and charity in extending help to those who are seriously sunburned, heat-exhausted or have another physical problem which threatens their safety. The medic will have a range of first-aid supplies, including blister preventatives and treatment. Contact the walk marshal, the medic directly if they are available, or the sag-wagon driver if a pilgrim is truly in need. Remember that this is a penitential exercise for all of us, and so we do not cater to every little pain and ache. [Blisters, or even a pre-blister condition, on feet, should be treated early rather than late. Timely treatment of blisters will allow many pilgrims to finish the pilgrimage who otherwise would be forced to drop out.]

**Cooperate with the Leadership of the Pilgrimage** – In order to keep the whole pilgrimage together and functioning harmoniously, it is important that the chapter leaders and the Walk Marshal act as one. The Walk Marshall, who is ultimately responsible for getting the pilgrims from the start to the end of each day, must have your complete cooperation.

**Maintain the Spiritual and Mental Morale of your Chapter** – In view of the spirit of reparation in which we undertake this pilgrimage, and for the spiritual benefit of each individual pilgrim, keep a benevolent watch over the morale and atmosphere in your chapter. This is not a militant or military march, but neither is it a hiking party. Your example and subtle influence—and sometimes not so subtle—will go a long way toward making this a religious pilgrimage worthy of receiving graces.

**Assisting the Priest or Religious** – Whenever your chapter has a Religious (priests, seminarians or brothers), if they are not hearing confessions, ask them if they would prefer to give a spiritual talk or provide the meditation, or if you should do so – following this guide.

When a Religious joins your chapter at a break, explain to them what has occurred earlier (Prayers, Rosary, Meditations, etc.).

**Spiritual Morale** - Aim for a balance between structured time (talks and vocal prayers), silence, and free time for conversation. Certain periods of relative relaxation of discipline, which you will announce, will allow pilgrims to concentrate, pray and listen at other times. Aim to imbue your chapter with a certain joyfulness that makes fatigue and hunger easy to bear. Your own prayer and spiritual preparation for this pilgrimage are therefore important. As Archbishop Lefebvre taught us, we cannot give that which we do not possess ourselves.

**Friday Morning** – Please read the pilgrimage prayer at the beginning, followed by the first spiritual text ‘In the Image of the Sacred Heart’

**Before starting** – each leg of the journey, look at the schedule to see how long you’ll be walking. Then decide, at least in principle, what you will plan for the time when walking.

**Rosary** – Joyful and Sorrowful in the morning, use the meditations in each day – the meditations should be brief – no more than 1 minute – it’s pretty customary that we sing the Hail Mary and Glory Be’s - Ask for 5 minutes of silence

after the Rosary. Glorious mysteries sometime in the afternoon.

**Spiritual Texts** – There are several spiritual texts available to be read each day – whichever ones you choose – have them read slowly and clearly – have someone else read at times – follow with 5 minutes of silence.

**Free time** – In general, let the first 5 minutes after starting from breaks and lunch be free time to let the pilgrims get re-focused and organized. Then, after the Rosary and Spiritual Texts (and the silence) – another 10 to 15 minutes

**Songs** – Don't plan specific times for songs. Instead, intersperse singing throughout the day. Don't try singing when going up hills or when the pilgrims are really tired. Do use singing to regroup the pilgrims if it seems like they are becoming dissipated. If you don't feel comfortable starting the songs, feel free to choose one or more pilgrims to start a song. Don't feel like you have to sing all the songs in the pilgrimage booklet, or that you can't sing the same song more than once.

**Line up** – Each morning, and after lunch, when the announcement to line up is heard, do everything in your power to assemble your chapter into a tight group. Count your pilgrims and limit the number in your chapter to the number given to you by the Chapter Support Team Leader – this number will change depending on the day and time.

Insist that your pilgrims remain in the same chapter until lunch and then again until the end of the walk on that day.

Each Morning and after lunch, count your pilgrims and provide the total to the Pilgrimage Walk Director as your group begins the walk.

**Pace** – Each chapter should maintain the pace as indicated in the detailed schedule for each segment. In almost every case, that pace is 2.75 miles per hour (4 ft/sec or 75 seconds to go 100 yds). Although this seems unimportant, it's actually critical for the health and wellness of the pilgrims, the peace of the chapters, and the overall operation of the whole pilgrimage. Each chapter leader should have some means of keeping track of their own pace. The ideal option is a GPS unit, however, all modern smart phones have a built in GPS and several free 'pedometer' apps are available. Get something and get familiar with how to use it before the pilgrimage.

For the benefit of the pilgrims, pilgrims will not be allowed to fall behind a chapter. Encourage them as much as possible, but if they cannot keep the pace, have them stop and wait for the aid-van. They can rejoin the chapter at the next break.

Do not worry about the actual times in the reference section. Those are included only as approximates. It is far more important that the pace be as steady as possible.

Be prepared for pilgrims to complain that the pace is too slow and too fast. As long as you are maintaining an approximate pace of 2.75 mph – please bear with the complaints.

If you find that you've accidentally decreased the pace, do NOT go faster than 2.75 mph trying to make up time. This will exhaust and possibly injure the pilgrims.

To achieve this, you must firmly restrain those eager pilgrims who wish to hurry and walk ahead of others. Do not hesitate to insist, strongly, that those fit individuals who can easily out-do their fellow pilgrims nonetheless stay with the chapter.

This restraint of pace will be an act of penance for those especially fit pilgrims. Most, but not all, of these would-be racers will be teenagers. On the other hand, your attention is needed for those slower pilgrims who may lag behind, especially those who are out of shape or who have small children. Encourage the laggards to keep up, and if necessary have them ride in the sag wagon.

If a slower person is suffering from blisters or another physical problem, contact the walk marshal or the medic. In the case of tired adults pushing strollers, some of the more fit pilgrims may be recruited to help them.

Although this seems unimportant, it's actually critical for the health and wellness of the pilgrims, the peace of the chapters, and the overall operation of the whole pilgrimage.

**Spacing** – Each chapter will be about 75 to 100 yards from the chapters ahead of and behind it. This will give room for priests to hear confessions midway between chapters, and to prevent noise in one chapter from interfering with spiritual talks and prayers led by priests and seminarians in another chapter.

**Chapter Size** – Each chapter should be about the same size as all the others so that each chapter receives the same degree of assistance, both spiritually and physically throughout the pilgrimage. The Walk Marshall and your Team Leader will notify you each morning and at lunch how big your chapter should be, and it's critical that you enforce this number.

Pilgrims are requested to remain in the same chapter until lunch time each day. Chapter leaders will exercise leadership in two ways here: First, by not allowing too great a growth in one chapter, and second, by not allowing pilgrims to change chapters except during lunch break. Serious needs—such as a parent caring for a child, or anyone offering aid to a faltering pilgrim—may be exceptions. The walk marshal will notify you if, for any reason, there is a change in the number of pilgrims desired in each chapter. One potential reason would be the departure or arrival of one or more chapter leaders.

**Discipline** - If there are discipline issues in your chapter (usually teen age boys), you have the responsibility to reprimand them as needed to keep the order. You are responsible for maintaining peace in your chapter. **DO NOT ALLOW ANYONE TO DISRUPT THE PEACE AND ORDER OF YOUR CHAPTER!** Unless critical to the safety or peace of the chapter, do not try to 'fix' problems during the walks – wait until the next break to solve issues.

**At each break** – report to the Chapter Support Team Leader and let him know of any issues or problems in your chapter. Be sure to let him know how your pilgrims are handling the pace and weather.

**Breaks** – pay attention to the time – regroup your pilgrims beginning 3 minutes before you have to leave – then announce 1 minute before, and leave promptly.

**Emergencies** – refer to the section in this guide for emergencies. For serious situations – immediately call the Chapter Support Team Leader and the Pilgrimage Walking Leader.

**Friday** – On Friday afternoon we walk along a very dangerous section of road for about 2 miles. The Chapter Support Team Leader will discuss the special considerations for this segment with all the Chapter Support Team Members. This section of road could be deadly to pilgrims and/or motorists – it is CRITICAL that you treat this section with the highest attention! During this section of the pilgrimage:

- All Chapter Support Team Members should be communicating down this section
- All chapters should stop when cars pass
- The Chapter Support Team Leader will be in phone communication with support staff at the top and base of the route and notifying chapters of traffic approaching. He will continue to do this until the last chapter is down the hill.
- Once your chapter has reached the base of this segment (near the dumpsters), you should pause and allow everyone to regroup before continuing.

There are a few major intersections that the pilgrims will cross. For these, the Infrastructure Support Team will handle traffic and safety issues.

**Sunday** – On Sunday morning, we walk along a section of 55mph state highway for 45 minutes. This section of road can be very dangerous. The Chapter Support Team Leader will discuss the special considerations for this segment with all the Chapter Support Team Members. This section of road could be deadly to pilgrims, so treat this section of the pilgrimage with the highest attention. During this section:

- Where possible, the chapters should stay off of Canyon road and walk on the shoulder entirely
- When not possible, the chapters should be no more than 5 persons wide
- Chapters must maintain a 100 yard separation
- The chapter support team member should walk at the rear of the chapter and insist that the pilgrims stay close together
- All pilgrims in each chapter must walk to the right of the chapter support team member
- All children should walk along the shoulder side of the road
- Adult men and/or mature teens can walk along the road side of the chapter to insure pilgrims remain to the right of center

## In case of Emergency

If evacuation of one or more pilgrims is required, the Chapter Support Team Leader and the Walk Marshall will give instructions on the direction and specifics about the evacuation. **STAY CALM!!!** Your behavior will drive the behavior of all other pilgrims.

## Scenarios

**Dehydration** – One of the earliest symptoms of dehydration is one that is the most often overlooked: a headache. If ignored, the victim is subject to temperature related illnesses such as heat stroke and hypothermia.

Dehydration victims often exhibit a lack of appetite from nausea and dizziness.

When the weather is brutally hot and your body sweats profusely, water by itself is not enough. Sweating out salts diminishes your body's ability to regulate liquids. Munching on GORP (good old raisins and peanuts, aka trail mix) or another salty snack can help avoid this problem, but sometimes you need a little extra help. Sports drinks containing salts, potassium and electrolytes are effective at staving off this problem, but be wary of drinking too much since they often contain large amounts of sugar. In a quick pinch, a dash of salt and sugar can be added to a water bottle for similar results.

When hiking with children check their water bottles periodically to ensure that they are taking the time to consume enough water.

Depending on the severity of the dehydration, it can usually be cured with some water and relaxation. A dehydration victim should not exert themselves for several hours at the very least and should be consistently sipping on water mixed with a dash of salt and sugar. Lying in a cool, shady spot, with their feet elevated is also helpful.

Of course, prevention is the best treatment for dehydration. Dehydration is a gateway illness to heat exhaustion, heat stroke, and hypothermia, and can provoke shock from physical injury.

**Heat Stroke/Heat Exhaustion** – Heat exhaustion is a heat-related illness that can occur after you've been exposed to high temperatures, and it often is accompanied by dehydration.

There are two types of heat exhaustion:

1. Water depletion. Signs include excessive thirst, weakness, headache, and loss of consciousness.
2. Salt depletion. Signs include nausea and vomiting, muscle cramps, and dizziness.

Although heat exhaustion isn't as serious as heat stroke, it isn't something to be taken lightly. Without proper intervention, heat exhaustion can progress to heat stroke, which can damage the brain and other vital organs, and even cause death.

Symptoms of Heat Exhaustion:

- Confusion, Dizziness, Fainting, Fatigue, Headache
- Muscle or abdominal cramps

- Nausea, vomiting, or diarrhea
- Pale skin
- Profuse sweating
- Rapid heartbeat

### Treatment for Heat Exhaustion

- Drink plenty of fluid (avoid caffeine and alcohol).
- Remove any tight or unnecessary clothing.
- Take a cool shower, bath, or sponge bath.
- Apply other cooling measures such as fans or ice towels.

If such measures fail to provide relief within 15 minutes, seek emergency medical help, because untreated heat exhaustion can progress to heat stroke.

## Wild Animals

### Snakes

You will probably first hear a snake before seeing it, so keeping those earbuds in your pocket might be a good idea. Here's some other ideas to consider:

- Keep your eyes and ears open.
- Feet and ankles are the most common bite locations, followed by hands. Don't step or put your hand someplace you can't see. Wear protective footwear and long pants or gaiters.
- Stay on the trail and avoid grass, weeds, and brush.
- Use trek poles or walking stick. They will be a bit ahead of you and to the sides so snakes may strike them instead of you.

- Use caution when picking anything off the ground - wood, rocks, even your shoes or pack after it has sat for awhile.
- Look around before sitting down.

### Snake Bite Treatment

- Infection is a concern, whether venomous or not - get medical help.
- Help the victim remain calm to slow the spread of venom. Let them know that many snake bites are dry.
- Clean and dress the puncture wound.
- Remove jewelry and other potentially constricting items before the swelling begins.
- Immobilize the bitten limb with a splint and keep the victim from exerting himself to slow the venom.
- Transport the victim as quickly as possible to a hospital for anti-venin treatment. Since the victim should exert as little as possible, carrying on a stretcher would be best. The victim could walk out at a relaxed pace to minimize exertion.
- Don't use a tourniquet or constriction bandage.
- Don't cut the wound or attempt to remove the venom.
- Don't use electric shocks or apply ice.
- Don't drink caffeine or alcohol.
- Don't try to capture the snake, but try to remember its color and shape so you can describe it, which will help in your treatment.

## Automobile Accidents

- Treat the quietest person first, they are usually more seriously injured or cannot breathe. People who can talk or scream can breathe therefore can be treated a little later. Ask for the patient's name, if he responds, it means he is able to understand the situation and has most likely not suffered a severe head injury.
- Check for obstructions in the person's mouth and throat: If you do not hear any breath sounds, check his/her mouth for any obstructions. If there is something obstructing the airway, use your index and middle finger to clear the airway.
- Perform life saving techniques: If there is no pulse, start CPR or EAR. Keep the person's neck straight to start EAR (External Air Resuscitation) or CPR (Cardio pulmonary resuscitation). There are 3 types of EAR; Mouth-to-mouth, Mouth-to-Nose, Mouth-to-Mask.
- If there is bleeding from the mouth or the patient is vomiting, turn the person to his/her side. This will avoid any chances of the person choking. Place the person's arm that is under him straight out and the arm closest to you across his chest.
- Deal with open wounds: If there are extensive wounds, try to control the bleeding using pressure to the area using a cloth. Press down with your palms rather than your finger tips.
- Always suspect spinal injuries: If the person's neck is in an awkward position (not normally placed) or the person is unconscious, do not move the patient. Get help immediately. This could mean that the person's neck is broken, and moving him/her in such a situation can cause more harm than good.

- Keep the person warm: Usually accident victims feel excessively cold due to shock. Therefore keeping them warm is essential to survival. You can use whatever you have to do this, such as a T-shirt, jacket, etc.
- Avoid feeding the person: Do not give the person any water, food or other fluids through the mouth, it could lead to the patient choking.

## Fires

- Be on your guard and look for fires. If you smell or see smoke during the day, or a red and orange glow on the horizon at night, a fire is nearby.
- Leave the area immediately hiking downhill and upwind.
- If the fire is close (within a half mile) you may hear cracking or see sparks in the air. When this occurs it may be too late to flee, remember you can't outrun a fire.
- Instead find a place to make a stand. Look for lakes, ponds, rivers or other wet areas. If none exist look for ditches, rock overhangs and the largest green grass open area you can find.
- Clear out dry brush and other potential fuels. Get to the lowest spot available and lay down. Even a small indentation in the ground will increase the odds of the fire passing over without harm.
- Remove synthetic clothing and gear which can melt to your skin.
- Cover your head and face with any clothing that is NOT synthetic. Wet a cloth and wrap your face to help avoid breathing in smoke and superheated air.