

## Ecological Integrity Monitoring Project Safety Planning

### EIM Outdoors Essentials:

1. Navigation (map and compass in addition to GPS with extra batteries)
2. Sun protection (hat, sunglasses, sunscreen)
3. Extra clothing (wind breaker, rain jacket)
4. Headlamp/flashlight (new lamps are small and light, bring them!)
5. Basic first-aid kit
6. Multi-purpose tool, knife, whistle, signal mirror, etc.
7. Extra food (trail mix, hard candy, nuts)
8. Hydration (extra water, sports drink)
9. Emergency shelter (space blanket, nylon tarp)
10. Insect repellent (mosquitos and tick protection)
11. Waterproof matches/lighter/firestarter
12. Fanny or day pack (to carry the essentials)
13. Cell phone or smart phone (charged and ready!)
14. Satellite tracking device for making emergency calls: available from WDFW
15. Hunting Season: bright-colored apparel; if you want an orange vest, contact:  
[Christine.Redmond@dfw.wa.gov](mailto:Christine.Redmond@dfw.wa.gov); 360-902-8303

### Make a trip plan:

- Check the weather forecast for the wildlife area.
- Contact the wildlife area manager when you plan to visit the area and inquire about current conditions—road closures, weed spraying, controlled burns, public events, hunting season, etc.; visit the WDFW web page for wildlife area contact information.  
[http://wdfw.wa.gov/lands/wildlife\\_areas/](http://wdfw.wa.gov/lands/wildlife_areas/)
- **Always** leave a detailed trip plan with a family member or friend, which includes:
  - **where** you are going (include a copy of the map and point/plots you plan to do),
  - **who** you are going with,
  - **when** you are leaving,
  - **when** you plan to return, and
  - **who** to call if you don't return by a certain time (list emergency contacts—use '911' if available; site-specific contacts available from WDFW).
- Whenever possible, use the 'buddy system' to work in pairs or groups.
- Dress for the weather and site conditions: wear durable clothing (gloves, long sleeves, and long pants and boots for hiking in rocky conditions).
- Drink water and snack on food periodically.
- Be aware of heat stress symptoms in summer.
- Walk carefully in rocky and steep terrain.
- Be bear, cougar, and tick aware. In Eastern Washington, in rocky canyons and slopes, be rattlesnakes aware.
- Consider training in First Aid/CPR or taking a wilderness first aid course.

**WDFW Safety/Security Incident Report:** to report medical emergency/injury needing first aid; circle "Volunteer" under Employee Information on back page (*Incident Investigation*). **Submit within 72 hours** of injury, SIGN, SCAN or EMAIL (or FAX) report to [Jim.Fry@dfw.wa.gov](mailto:Jim.Fry@dfw.wa.gov).