



TOWN OF CANTON VOLUNTEER Fire & EMS Department

Valuing Life...at a Moment's Notice



In Response....

From the Desk of Fire & EMS Chief Rich Hutchings

Town of Canton Volunteer Fire & EMS Department

Take a Hike!

True Story She was visiting from out west and decided that a walk in the woods, in late afternoon, would be a good way to explore her new environment. So she stepped out, just outside the back door and disappeared into the trees. When she didn't return, Canton's technical rescue team and ambulance were dispatched for the search and rescue. She was found safe, walking along a road, having gotten lost just as night was falling.

In Response to new comers, visitors and residents who understandably want to explore the beautiful woods that surround our town, the *Town of Canton Volunteer Fire & EMS Department* asks that you consider the following precautions that will actually enhance your enjoyment while hiking, without sacrificing your safety:

Don't get lost: Whether you go old school with hiking maps and a compass or more high tech with personal GPS systems, goggle maps, etc. prepare when you go into unfamiliar territory. If you don't, you're asking for trouble.

Partner up: In the fire service, we live by the buddy system: two go in, two come out. It's a way to assist one another if the unexpected happens and to share skills and experience; which is especially important for the more novice individual.

Get in Gear: You don't need 50 pounds of gear to keep a short hike safe. In addition to the tools above, the following should be in your back pack: a first aid kit with any medications you're taking; food, appropriate to the length of time you will be gone; water, bring more than you think you'll need; a Swiss army-type knife; matches/a lighter; identification; rain gear; a whistle; protection against sunburn/bug bites; a flashlight; toilet tissue; garbage bag.

And wear long pants, the appropriate foot wear and a hat to be a less inviting target to ticks. Don't forget your fully charged cell phone. You'd be surprised where you can get service today.

Pre-Plan: Know the weather forecast and anticipate changes to your destination due to previous weather systems which may have impacted the nature of a hiking path that is customarily safe to explore.

As always, Canton's volunteer firefighters and EMTs are trained to work with local, state and regional resources to bring you home safely, if you become lost despite your best efforts to prepare for a relaxing and drama-free hike.

Until then..... be safe.

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