

Survival Guidelines for Winter Emergencies

Weather can change without notice and without warning, especially in the Monument area due to the Palmer Divide Ridge. Tri-Lakes Monument Fire Protection District wants to be sure you know the survival guidelines for Colorado's winter emergencies. The following information is a reminder of ways you and your family can stay safer!

- Weather and road conditions: Be aware of potential hazards before starting out
- Physical strengths: Know your capabilities and limitations
- Stay calm: Maintain focus and clear thought process
- Be resourceful: Use what you have available in each situation
- Have a positive attitude: Don't fall prey to fear or negative thinking
- Running your car for heat: Be conservative, keep your tailpipe clear of snow and vent a window to prevent carbon monoxide build-up
- Take a heavy winter coat: Even if you wear it, it's there if you need it
- Warm hat: A must to prevent excessive heat loss from your head
- Mittens, gloves & winter footwear: To maintain circulation and prevent frostbite, warm hands and feet
- Stay with your car: It provides shelter and is a larger object than a person for rescuers to find
- To maintain body heat, avoid unnecessary activity. Resting consumes 70 calories per hour, walking burns 180 calories per hour, and running eats up 400 calories per hour.

Suggested Items to Keep in Your Car

Depending on the length of your trip and where you are headed, we recommend having the following supplies in case of a winter emergency.

- Wool blankets or sleeping bags
- Snow boots
- Warm socks
- Gloves - water resistant or waterproof
- Warm hat - one that would cover your ears
- Small plastic bags to keep hands and feet dry
- Whistle
- Flashlight with extra batteries
- Waterproof matches or lighter
- 3-inch diameter candle
- Small shovel
- Spare cell phone or A/C adapter
- Large trash bags to keep yourself and your environment dry
- Metal locker mirror or unbreakable reflective device
- Flares or bright red or orange cloth for signaling device
- Swiss Army knife or scissors
- Duct tape
- Compass
- Map for area of travel
- Jumper cables
- Bag of sand or rock salt
- Gallon container of water
- High energy granola or trail mix

