



Outings Committee Presentation

“EXPLORE, ENJOY AND PROTECT THE PLANET”

Innings educational meetings... Newsletter... Take action... Conservation... Membership...

Navigating Zoom

- Please stay muted throughout the presentation
- Keeping your camera on will help keep everyone engaged
- This session will be recorded but your picture will not appear
- We encourage your questions and your contributions! Please type them in the Chat box
- We do not recommend Full Screen View
- Interact by responding to polls



Your Moderators



Nancy Ball AKA
Crunch

Summit Trek & Travel

Camping and hiking
forever... Planning and
leading trips since 2005



Denise Tingle AKA
Pippi Longstocking

Sierra Club Miami
Group Hiking Chair

Camping and hiking
for 45 years



Bryan Wolf AKA
Iceman

Co-owner Roads
Rivers and Trails

First backpack was a
thru-hike of the
Appalachian Trail



Barry Randall AKA
Aardvark

Sierra Club Mia mi
Group Outings Chair

Camping and hiking for
50 years

“Who has not felt the urge to throw a loaf of bread and a pound of tea in an old sack and jump over the back fence?”

- John Muir

“For me adventure is when everything goes wrong. That’s when the adventure starts.”

- Yvon Chouinard



Managing Outdoor Emergencies

Presented by Chris Broughton-Bossong, wilderness medical response instructor for SOLO Wilderness Medicine

Managing Outdoor Emergencies

Chris Broughton-Bosson, BA, WEMT, AEMT

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S.O.S !!!

Accident: an unintended action or outcome

Emergency: any event requiring immediate response to prevent further threat to life or well being

Statistics:

About 5,000 rescues per year in the National Parks

Weekend Hiking represents roughly 40% of all rescues

What Could Happen?

Most Common Backcountry Risks

“I think we’re lost...3 miles becomes 6”

“I was not expecting this rain...I’m freezing”

“I need to sit...can’t keep hiking without a trip and fall”

“I just stepped wrong...I felt something snap”

What am I Prepared For?

Equipment:

Map, Light, GPS, Layers, Food Water, Shelter, First Aid Kit...

Know How:

Do I know how to use this stuff??

What to do in the moment?

First: **Triage** - What has happened? Can I get out? How long can I stay? Do I need help?

Second: **Stabilize** - Prepare to walk or shelter in place. How can I get safe and comfortable?

Third: **Activate** - Start hiking out. Make your call. Set up some shelter.

Lost!

18.8% of rescues (judgement) -NPS

What's your planned route?

Does anyone else know where you are?

Do you know how to get there and back?

Do you have a map/GPS?



Cold!

8% of rescues (lack of gear) -NPS

What weather am I expecting?

What weather am I prepared for?

How long can I last in it?



Broken!

10% of Rescues (falls) -NPS

What injuries am I going in with?

What injuries might happen along the way?

What injuries can I manage?

If I am injured beyond being able to walk...



Exhausted!

22.8% of rescues -NPS

How far do I normally walk?

How long will it take?

What's the terrain?

How much fuel did I bring?



First Aid Kit

Be Familiar

Wound Care

Musculoskeletal

Environmental

Medications

Tools



Get out & enjoy the hike !!



Explore...Enjoy ...Protect

▶ Join us!

- Become a Sierra Club Member:
[Member](#)

- Make a donation:
<https://miamigroup.org/donate/>

- Join our MeetUp

- <https://www.meetup.com/SierraOutings/>

- Become a volunteer:
<https://miamigroup.org/volunteer/>



Become an Outings Leader

- ▶ Share your experience and passion
- ▶ Make great friends
- ▶ Enjoy the camaraderie

Outdoor Activities:
<https://miamigroup.org/outdoor-activities/>



Happily presented by....

Roads Rivers and Trails

Independently owned outdoor outfitter

108 Main St., Milford, Ohio

#DreamPlanLive

www.roadsriversandtrails.com



@RRT50

Summit Trek & Travel – For Adventure Travel

To be added to mailing list, email Nancy at:

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Miami Group Sierra Club

<https://miamigroup.org/>

<https://www.meetup.com/SierraOutings/>



miami group (cincinnati middletown dayton) sierra club

QUESTIONS...

We will try to get to all the questions in the chat box.

If you'd like to ask your question live you should be able to unmute, or raise your hand and we'll unmute you.

