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**LANE COUNTY SHERIFF'S OFFICE**  
**NEWS RELEASE**



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**DATE/ TIME OF RELEASE:** 11/14/2019 8:00 am

**NATURE OF STORY:** Search and Rescue Helpful Tips for Hunters, Hikers, and Mushroom Pickers

**DETAILS:**

Hunting, hiking, and mushroom picking are popular outdoor activities in Lane County. Each year, Lane County Sheriff's Office Search and Rescue teams are called to assist in finding lost or injured people when something on their outdoor trip didn't go as planned. Below are a few tips to help you plan a great trip and enjoy the beautiful outdoors with safety in mind.



1. Know your skill level and research the area you plan to hunt, hike, or mushroom pick to ensure you have the necessary skills and equipment.
2. Tell someone where you are going and when you plan to return. Leave them a map with your route and stick to the planned route.
3. Hunt or hike with a buddy, and stay with one another while you are out and about.
4. Carry a pack with the following supplies, even for short trips:
  - a. Fully charged cell phone and battery backup
  - b. Map
  - c. An emergency light source in case you end up being outdoors after the sun sets
  - d. Extra clothing
  - e. First aid kit
  - f. Extra food and water
  - g. Compass
  - h. Fire starter
5. Regularly scan your surroundings to keep yourself oriented. This is especially true for mushroom picking which involves looking down at the ground for long periods of time which can contribute to losing your way. Remember, look down, and then look around!

Lastly, if you find yourself lost or injured, call 9-1-1 if you have cell service. If you are unable to call for help, Search and Rescue experts advise you stay put to conserve energy and allow search teams to locate you.

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