This may seem like fun, but you could easily end up...

in the dark, chest feels crushed, can’t breathe, glove sticking up out of the snow kinda — DEAD

PREVENT
Like so many things in life, the best way to get out of trouble, is to avoid trouble in the first place

REMEMBER — the mountains will be there tomorrow!
DO THESE THINGS — to help you stay alive!

If you do get caught, then

REACT to what if?

If Basic First Aid to First Responder, EMT, wilderness medicine. If you would like to purchase this poster, please contact SOLO Education since 1974  © 2015  Stonehearth Open Learning Opportunities

*From basic first aid to wilderness medicine, consider www.wilderness.org. Health care providers are local to rock climbing, snowboarding, snowmobiling, skiing, and other activities, and should consider the knowledge of the medical system in the event of an avalanche.

**If you are caught in an avalanche, please make an effort to set off a visual signal. An avalanche airbag may be directly under your feet — try to look where you can.

AVAILABILITY:
*Full-color, 18” x 24” poster, 50¢

*SOLO is a not-for-profit educational organization dedicated to educating the public about its rights in the face of nature and society. Its mission is to develop and promote a culture of self-reliance and self-sufficiency, and to help people understand and respect their environment. SOLO, 9000 Market St., Suite 100, Boulder, CO 80301-8034, (303) 442-4492. SOLO.com