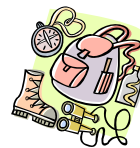


Jon francis foundation safety kit

The Jon francis foundation (JFF) wishes you an enjoyable visit to your wilderness destination and a safe return. Many wilderness injuries and fatalities could have been prevented had the person been better prepared, carried the ten essentials and observed the following safety tips.

1. Carry the 10 Essentials

- ▲ Map
- ▲ Flashlight (with spare batteries and bulb)
- ▲ Compass ▲ Extra food
- ▲ Extra clothing
- ▲ Sunglasses
- ▲ **Complete** First Aid Kit
- ▲ Pocket knife ▲ Fire starter
- ▲ Waterproof matches



2. Carry Additional Safety and Survival Items

- ▲ Global Positioning System (GPS) & Map Grid Reader.
 - ▲ Cell phone, two-way radio and Personal Locator Beacon.
 - ▲ An emergency shelter such as a tarp, bivy sack, space blanket or large garbage bags.
 - ▲ *JFF Whistle and Mirror. (To signal for help)*
- You never know when a day trip may become an overnigher.

3. Plan Ahead

- ▲ Thoroughly research your intended route.
- ▲ Check local guide books.
- ▲ Bring maps. You can download maps from the Internet.
- ▲ Check the forecast, but **expect** unpredictable weather.
- ▲ Plan for problems. Bring the above safety & survival gear.
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4. Leave an Itinerary

- ▲ Leave a detailed description of your intended route with a trusted friend or family member.
- ▲ Include your estimated time of return.
- ▲ Don't leave your friends, loved ones and searchers guessing about your destination, route of travel or plans.

5. Learn Navigation Skills

- ▲ Navigation skills are essential for safe travel in the wilderness.
- ▲ As you travel, turn around from time to time to see what the terrain looks like for your return.
- ▲ Memorize landmarks.
- ▲ Technologies such as GPS are no substitute for good navigational skills.



6. Obtain Quality Training

- ▲ Too often newcomers to the wilderness are "trained" by and travel with relatively inexperienced friends.
- ▲ Seek out professionals in your area and take courses in your areas of interest.
- ▲ Hire an experienced guide before you go into areas that are highly unfamiliar or rugged.
- ▲ A good way to find a wilderness mentor is to join a local out door club.

7. Know your Limitations

- ▲ Ensure that your fitness, skill and experience levels are sufficient for the outing.
- ▲ When climbing mountains, know and respect the climbing classification system.
- ▲ Train for hard goals.
- ▲ Start slow and work up sensibly to the more difficult and challenging adventures.

8. Travel with Partners

- ▲ There is safety in numbers.
- ▲ Try always to find at least one partner on an outing.
- ▲ If you choose to go solo, do so well within your limits.
- ▲ Be constantly aware of the consequences of a mistake or a problem, since there is no one with you to back you up.
- ▲ Be vigilant.
- ▲ If possible, stay in contact with others via radio or cell phone.

9. Learn Wilderness Survival Skills

- ▲ Recognize disorientation early and learn strategies to become reoriented.
- ▲ If you become lost, stay in one place. It is very difficult for searchers to find a moving target.
- ▲ Learn how to minimize heat loss and build an improvised shelter.
- ▲ Conserve energy.
- ▲ Know the symptoms of hypothermia..



10. Be Prepared to Turn Around

- ▲ If you find yourself in a situation that is beyond your level of comfort or skill, do not hesitate to back off your route and turn around.
- ▲ Pressing on when you are at the limits of your skills is a recipe for disaster.
- ▲ There is no shame in not achieving your goal.
- ▲ Consider the trip a learning opportunity. Try it again with greater skills, better information and more enjoyment and success.



If someone you know is overdue from a trip, contact the local sheriff's office or the ranger station. Don't assume they are safe or may have extended their trip. Don't delay. Make the call.



Jon Francis

About Jon Francis. On Saturday morning, July 15, 2006, 24 year-old Jon Francis, of Stillwater, Minnesota gained the summit of 9733' Grand Mogul, alone, in the rugged Sawtooth Mountains near Stanley, Idaho. Jon did not return. Jon, a youth minister and camp counselor touched, loved and inspired others.

He was also an experienced climber who was in love with the wilderness. After a long and difficult 12 month search, Jon's remains were found on July 24, 2007.

In 2007 we created the Jon Francis Foundation (JFF) to honor Jon's brief life and ministry and to pass on his legacy of making a positive difference in the world.

*The mission of The Jon Francis Foundation
To help others who suffer the misfortune of losing a loved one
in the wilderness by providing hope, knowledge and resources
and to reduce incidents of loss through wilderness
safety training and information.*

You can make a difference!
Help provide wilderness kits and information for
others by contributing to the Jon Francis Foundation.
You can contribute on line at www.jonfrancis.org
If this kit has helped you in any way please let us know.

Jon Francis Foundation

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