How to Deal with an Emergency: The STOP Plan

What are your priorities during a winter emergency?

S - Stop/Stay put

If you realize that you are lost, stay where you are. The chances of being found are 70% better. In most cases you will be found within a few hours if not one day.

T - Think. Don't panic

If you panic, you will make poor decisions. Most people will make their situation worse if they panic. When people panic, they are more apt to wander off and try to find help for themselves.

O – Observe

Observe your surroundings and try to find some things that will help you out. Are there trees or brush that will help you make shelter or a fire? Where will you want to find shelter?

P – Plan

When you're thinking clearly, you can make a plan to survive. What will you do if you are not found within a day, within 3 days? How will you begin to acquire what you need to survive (the rule of 3's)?

S - Stop/Stay put

T - Think (Don't Panic)

O - Observe

P - Plan