

# DAY HIKERS ARE THE MOST VULNERABLE IN SURVIVAL SITUATIONS. HERE'S WHY.

A new study looks at who lives and who dies when lost in the wild.



**90%**

of the 100 search and rescue incidents in a year at the Great Smoky Mountains National Park are day hikers, Andrew Herrington says.

**41%**

of those who got lost began their odysseys, which ranged from a half-day missing to 90 days, by accidentally straying from the trail.



**42%**

of the 46,609 search and rescue cases were day hikers across all U.S. national parks from 2004-2014.

## WHY?

- Out of those who survive going off trail, 11% had camping gear, over 50% had a water source (either one they found or had), and 35% had a food source.
- The best way to survive getting lost is to already have the clothing and gear needed to survive, which day hikers tend not to bring.



## DAY HIKERS SHOULD BRING....



- Puffy jackets for warmth - even in warm places. New Mexico is the leading states in hypothermia deaths.
- 55 gallon trash bags for rain protection and shelter - getting wet will speed up hypothermia.
- Leave a trip plan with two people who will notice you're missing.