

# HUG A TREE AND SURVIVE!

Sometimes people get lost. What can you do to stay safe if you get lost?

**AdventureSmart**



## TELL AN ADULT WHERE YOU ARE GOING.

Always tell your Scouters or your parents where you are going, who you are going with, and when you plan to be back.

Use the "buddy system". You and your buddy should do your best to stick together.



## IF YOU ARE LOST, "HUG A TREE" AND STAY PUT.

A big tree can give you shelter. It can offer shade on a hot, sunny day. A tree will keep you from getting cold and wet on a windy, rainy day.

Don't wander off! Remember, help is on the way. Stay calm. Keeping close to your tree makes it easier for others to find you.

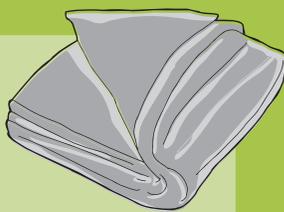
If there are no trees where you are lost, use something else as your tree. You can hug a big rock or a park bench instead.



## KEEP WARM AND DRY.

Be prepared when you head out. Bring extra clothes in your backpack. If you get cold, put on a jacket. Tuck your shirt in to your pants, and tuck your pant legs into your socks. You can even build a nest on the ground.

Pack an emergency shelter, like an orange garbage bag or a shiny survival blanket. Your shelter will keep you warm and dry, and it will help rescuers find you.



## ANSWER THE CALLS OF SEARCHERS.

When you hear adults calling for you, call back. If you see them coming, stand up and wave your arms. Flap your shiny blanket or orange garbage bag in the air.

Bring a whistle when you go into the forest. Blow your whistle loudly to help rescuers find you.

If your tree is near an open space, make a big S-O-S out of rocks or sticks to help searchers find you. If there is snow on the ground, you can spell out S-O-S with your footprints.

Lay sticks on the ground to make arrows. Point the arrows at your tree.



## NOTE TO SCOUTERS:

Review the Hug-a-Tree Program with your youth before an outing. In the event of a lost youth, do not hesitate to contact the authorities and parents.

For more information, visit the [AdventureSmart website](https://www.adventure-smart.ca).

Scouts.ca

