



NOTE: Tidbits Number 1 through 13 are quoted from the Tidewater Appalachian Trail Club Trail Maintenance Booklet, First Edition, February 2002.

1. Safety is no accident
2. Safety - Safety is anything you or others do to prevent injury.
3. Prevention - Prevention forestalls the need to try and remember, then practice, unknown, rusty, or forgotten First Aid skills.
4. First Aid - What you try to remember how to do, after you did not work safely.
5. First Aid Kit - A collection of material necessary to treat injuries or illnesses likely to occur during an activity.
6. Weather - Be prepared for the worst weather that can happen, at the hike or work area, at that time of year.
7. The only good rock is found uphill.
8. Travel safe. Hike safe. Come home safe.
9. Spouses seem to prefer that you return home in the same condition as when you left, and with the same number of fingers and toes.
10. Brontosaurus - extinct dinosaur.
11. Ohsosaurus - Hiker or trail maintainer who did not practice good lifting techniques. Be smart. Hike and work safe.
12. The safer you work or hike, the more confident and comfortable your significant other will be that you will come home in one piece.
13. Safe work is always faster than doing first aid or going to the hospital. Work smart !
14. Safety takes precedence over all other considerations in the backcountry. (From Lightly On The Land, The SCA Trail-Building and Maintenance Manual, page 42, Robert C. Birkby, © 1996, The Mountaineers, 1001 SW Klickitat Way, Seattle Washington 98134)
15. When in Trouble, When in Doubt, Run in Circles, Scream and Shout. (Old USMC saying, but author unknown)
16. The best tool you have for a survival situation is your brain, and keeping your brain hydrated is key to clear thinking. (NOLS Wilderness Guide © 1999, pg 203)
17. Don't create a second victim. (Christopher Tate, Wilderness First Aid)
18. What will kill them first? (Christopher Tate, Wilderness First Aid)
19. STOP - **S**top **T**hink **O**bserve **P**lan
20. Know your limits. (Rick Curtis, Outdoor Action)
21. Expect the unexpected. (John Graham, Outdoor Leadership, pg 18)
22. Leading can be lonely. (John Graham, Outdoor Leadership, pg 31)
23. Environmental hazards + Human factor Hazards = Accident Potential (Alan Hale)
24. Drink early - drink often. Camel up in the morning.
25. A Clear Mountaineer Is a Happy Mountaineer -and- Clear and Copious. (Konarock Crew)
26. Strive for "clear and copious." (Rick Curtis, Outdoor Action)
27. Do everything 200-ft from everything else. (TATC Leave No Trace Booklet)
How many of your paces make 200-ft ? _____ - paces.
28. Stay dry = Stay alive. (Rick Curtis, Outdoor Action)
29. Dryness is next to Godliness. (Christopher Tate, Wilderness First Aid)
30. Cotton kills. (Rick Curtis, Outdoor Action, among others)
31. Never ignore shivering. (Rick Curtis, Outdoor Action)
32. A hypothermic victim is never cold and dead, only warm and dead. (Rick Curtis, Outdoor Action)
33. The (human) body loses heat 25 times faster in water than in air. (Rick Curtis, Outdoor Action)
34. Stay behind the leader and in front of the sweep.
35. Guidelines for the backpacking weight you carry: An average person should carry no more than 20 - 25% (1/5 to 1/4) of your body weight in a backpack. A person in very good condition might carry 33% (1/3) of their body weight. (Any number of sources)

36. Statistics show that people have a greater chance of being killed by a bolt of lightning, or an allergic reaction to a bee sting, than by a snake bite. (The Virginia-Pilot, pg B-4, 29 July 2002)

37. A man with no vest (PFD [Personal Flotation Device]) is a man with no sense. (Good Old Boat, July/August 2002.)

38. One to use, one to loose (always carry spares). (Good Old Boat, July/August 2002)
(talking about canoe/kayak paddles)

39. Plans are made to be changed. Flexibility rules - Inflexibility can be disastrous. (Bill Rogers)