

Wilderness Safety & Survival Tips

Ultramarathons and Fastpacking

1. Route Planning & Pre-Run Prep

Study the route, check weather, understand terrain, and notify someone of your plan.

2. Navigation Tools & Skills

Carry map, compass, GPS, and offline mobile maps. Learn basic navigation techniques.

3. What to Do If You Get Lost

Use the STOP method: Stop, Think, Observe, Plan. Signal or backtrack if safe.

4. Weather Awareness & Storm Safety

Check detailed forecasts. Know how to respond to storms, heat, cold, and flash floods.

5. Dealing with Wildlife

Understand bear, snake, and mountain lion behavior. Carry bear spray and make noise.

6. Water Sourcing & Purification

Locate water safely. Always treat water with filters, tablets, or UV light.

7. Nutrition & Emergency Food

Pack high-calorie, non-perishable food. Always carry extra emergency calories.

8. First Aid & Injury Management

Include blister care, bandages, duct tape, and meds. Know how to handle common injuries.

9. Emergency Communication

Use satellite messengers and whistles. Conserve battery and understand SOS signaling.

10. Mental Resilience & Survival Mindset

Stay calm. Use breathing techniques, mindfulness, and mental focus to manage fear.