Rocky Mountain Rescue Group, Inc. (RMRG) is an all-volunteer organization trained and equipped for search and rescue on mountainous terrain or in extreme weather. RMRG promotes safety in mountain recreation and provides safety education programs for schools, businesses, and community organizations. RMRG provides extensive training for its members and researches mountain rescue equipment and techniques. The Group’s diverse membership includes climbers, engineers, healthcare providers, and other professionals, as well as University of Colorado students and faculty. RMRG is an all-volunteer, non-profit 501(c)3 organization and does not charge for its services.
Consider taking a few “essential” items with you:
- Water
- Extra Food
- Extra Clothing
- Map, Compass, GPS
- Sunglasses and Sunscreen
- Headlamp/Flashlight (spare batteries & bulb)
- First Aid Supplies
- Matches or Lighter
- Knife
- Whistle
- Cell Phone (battery fully charged)

Note that battery life is limited and coverage is unreliable in the mountains. Text messaging may work when you are not able to call out. Consider turning your cell phone off unless needed.

Items to Consider
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Children in the Outdoors
Give children some responsibility but watch them closely. Until they learn to recognize and avoid hazards, children are especially at risk.

- Prepare them with the proper equipment.
- Teach children about local animals and hazards.
- Discuss what to do in case of separation or other emergency.
- Take advantage of available resources to teach children outdoor safety.

Take time to teach your children outdoor safety. It could be the most valuable education they get.