

If You Get Lost: Safety for Children & Youth

Always Wear a Whistle

- A whistle is louder and carries farther than your voice.
Three sharp blasts = “Help!”
- Keep it on a lanyard around your neck so it’s always with you.
- If you get lost: STOP, SIT, and THINK. Don’t wander. Blow your whistle in sets of three, then wait and listen.

Hug a Tree or Find a Safe Spot

- Stay in one place. Moving around makes it harder for helpers to find you.
- Choose a safe spot like sitting against a tree, on a log, or near a big rock. This makes you easier to spot from the air and keeps you calm.
- Avoid dangerous areas (cliffs, rivers, thick brush).

Always Stick with a Buddy

- Never go off alone—exploring is safer and more fun with a buddy.
- If one of you gets hurt or scared, the other can call for help and use their whistle.
- Remind each other to stay calm and stay put if you’re lost.

Make Yourself Seen & Heard


- Wear bright colors when outdoors. If you have a bandana, hat, or jacket, wave it if you hear people nearby.
- At night, stay in one place, but if you have a flashlight, turn it on or flash it toward sounds.

Stay Warm, Stay Calm

- Zip up jackets, put on hats or hoods, and sit on your backpack or jacket to stay off damp ground.
- If it’s cold, tuck in and move arms/legs gently to stay warm.
- Breathe slowly—remember, rescuers are looking for you.

Trust the Helpers

- Don’t hide from searchers, dogs, or rescuers. They are there to help.
- Answer loudly if you hear your name. Whistle, wave, and make noise so they can find you faster.

 Key message for children: “If you get lost, stay where you are, blow your whistle, hug a tree, and wait for help. You won’t be in trouble.”