

Wilderness Protocol Summary

FUNDAMENTAL RULES:

- **Rule #1:** Don't ever rely solely on a radio or mobile phone to get you out of trouble in the backcountry. Your primary strategy must be self-sufficiency. Be prepared for the unexpected.
- **Rule #2:** Know what repeaters are available in the area where you will be visiting. You need to know the frequency, offset and CTCSS (or DCS) tone (if any). The VHF Society's web site has information that will help you here.
- **Rule #3:** In remote areas, monitor 146.520 MHz as much as possible. This applies to backcountry travelers, mobile stations and fixed stations.

PROTOCOL SUMMARY:

- Use the **LONG TONE ZERO** (abbreviated LiTZ).
 - Begin calls for assistance with about **3 to 10 seconds of TONE with the LiTZ signal**.
 - Do this by **keying up and holding down the zero key** to continuously transmit the zero DTMF tone (hence: LONG TONE ZERO).
 - Then proceed to make your emergency call. This should help those listening to recognize that an emergency or priority call is coming through.
- **Times:** 7am, 10am, 1pm, 4pm, 7pm
- The **primary frequency** to monitor is **146.520 MHz**; secondarily or alternatively **52.525, 223.500, 446.000** and **1294.500 MHz** respectively.
- Begin calls for assistance with about **3 to 10 seconds of TONE with the LiTZ signal using DTMF "0"**.
- Start by saying "**Break, Break, Break**", then "**This is <your call sign> and I need help**".
- Continue for **5 minutes**.
- **Conserve** battery after that.

TIPS:

- **BEFORE LEAVING**
- Previous to heading out on your excursion, TELL SOMEONE where you will be and when to expect you back.
- Tell these people that you will be using the Wilderness Protocol.
- Instruct these people on the use of the Wilderness Protocol.
- If you pass a Rangers Station, STOP and inform them where you will be and when to expect your return.
- Tell the Rangers that you will be using the Wilderness Protocol.
- Instruct these Rangers on the use of the Wilderness Protocol if they don't know it.
- **IN THE FIELD**
- ALREADY be prepared for the worse!
- Try to find a location which is at a higher altitude.
- Get your antenna up as high as possible.
- And NEVER NEVER NEVER say, "What's the worst that could happen?"