

# **Garmin inReach Field Safety Guide**

## **Professional Backcountry Communication & Emergency Reference**

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### **PRE-TRIP SETUP**

- Install the Garmin Messenger app and sign in.
- Pair your phone via Bluetooth (Settings → Bluetooth → Add Device).
- Confirm your satellite subscription is active.
- Send a test message before EVERY trip.

### **SENDING MESSAGES**

- Open Garmin Messenger → Messages → New Message.
- Select a contact (phone or email).
- Press Send — the message transmits through Iridium satellites.
- A clear view of the sky dramatically improves send speed.

### **SOS ACTIVATION — LIFE-THREATENING EMERGENCIES ONLY**

- Open the protective SOS cap.
- PRESS AND HOLD the SOS button for 3–5 seconds.
- Wait for the countdown confirmation.
- Your GPS location is immediately transmitted to Garmin Response.
- Stay with your device and reply to rescuers.
- Do NOT turn the device off after triggering SOS.

### **WHEN TO TRIGGER SOS**

- Suspected fracture or inability to walk.
- Severe medical emergency (hypothermia, heat stroke, chest pain).
- Lost with worsening weather or no navigation solution.
- Any situation trending toward survival risk.
- PRO RULE: If self-rescue is becoming unlikely — activate early.

### **ELITE FIELD PRACTICES**

- Carry the device where it can see the sky — shoulder strap is ideal.
- Protect battery life: keep warm, reduce tracking, carry a power bank.
- After SOS, message rescuers with injury type, group size, shelter, and weather.

- Leave a detailed trip plan with a trusted contact.
- Distinguish discomfort from danger — but lean toward safety.
- Early rescue is safer than delayed rescue.

### **BATTERY IS LIFE SUPPORT**

- Keep the device inside your jacket in cold weather.
- Bring a small power bank and short cable.
- Disable Bluetooth when not needed.
- Lower tracking frequency on long trips.
- Many winter rescues are complicated by battery failure.

### **CRITICAL RESCUE PRINCIPLES**

- Stay put unless movement is necessary for survival.
- Place the device with a clear sky view.
- Conserve energy, food, and insulation.
- Search & Rescue consistently reports: **EARLY ACTIVATION SAVES LIVES.**