TO LOOK FOR

Cumulonimbus Clouds







- Towering or growing cumulus clouds can become a thunderstorm in just a few hours or less -- expect lightning, strong winds, and moderate to heavy precipitation.

- Can be alone or in groups.

- Rotation in the main updraft indicates a supercell capable of producing a tornado.

- If on a ridge or high in the mountains, storm may be growing beneath you.

Weather Folklore, Tips, & Tricks



- Red sky at night, sailors delight; red sky in the morning, sailors take warning.
- Clear sky, calm winds = cool night
- Halos around the sun or moon indicate rain or snow real soon.
- Crickets are accurate thermometers -- they chirp fast when warm and slower when cold. By counting the number of chirps in a 14-second period and adding 40, the total will equal the air temperature within one degree 75% of the time.
- Calculate the distance of a thunderstorm: count the number of seconds between lightning flash and thunder crash, divide by 5, and that is how many miles the storm is away from you.

NWS Mission

The National Weather Service provides weather, water, and climate forecasts and warnings for the United States, its territories, adjacent waters, and ocean areas for the protection of life and property, and the enhancement of the national economy.



For more information:
weather.gov/abq

For additional safety information:
weather.gov/safety

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WRN
WEATHER-READY NATION

National Weather Service

Albuquerque, New Mexico

Outdoor Weather Safety

What do you do when adequate shelter is not available nearby?

KNOW WHAT

High clouds:

Cirrus, Cirrostratus, Cirrocumulus



-Thickening high clouds can indicate approaching precipitation within 24-48 hours.

Middle Clouds:

Altocumulus, Altostratus, Wave Clouds



- Thickening altocumulus can indicate approaching precipitation within 6-12 hours.
- Thicken altostratus can indicate approaching precipitation in 1-12 hours.

Low Clouds:

Cumulus, Stratus, Stratocumulus, Nimbostratus



- If cumulus are small and flat, calm and quiet weather for next 12hours; if growing or towering, stormy weather on the way in the next few hours.
- Stratocumulus indite cooler air arriving and they can produce light precipitation
- Stratus/Nimbostratus typically low, layered and dark, can produce continuous light to moderate precipitation.

PLAN, PREPARE, AND BE AWARE.

General Outdoor Safety Tips

- Notify any family and friends outside of your party where you are going and when you plan to leave/return.
- Travel with a companion.
- Always carry an emergency first-aid kit and the 'essentials'.
- Wear appropriate clothing for the trail conditions and season.
- Check weather reports before you go, know the weather patterns of the area and be aware that conditions can change.
- Carry a battery-powered NOAA Weather Radio, as cell service may be unavailable.

Tornado Safety



- Watch for these signs:
  - Large, dark hanging, and rotating wall cloud
  - Large hail
  - Loud roar that sounds like a freight train
  - Whirling dust or debris on the ground under a cloud base -- some tornadoes have no funnel.
- Avoid areas with many trees and vehicles.
- Lie down flat in a gully, ditch, or low spot on the ground, and know that you will be exposed to flying debris, hail, lightning, and extreme wind.
- Protect your head with an object, such as a backpack, or with your arms.

Thunderstorm Safety



- In mountainous areas, thunderstorms typically develop in the early afternoon, so plan to hike early in the day and be off trail by noon.
- Keep an eye to the sky and watch for towering cumulus clouds and/or a darkening sky -- this is the first indication that a thunderstorm is developing or approaching.
- If camping, hiking, etc, far from a safe vehicle or building: avoid open fields, the top of a hill ,or ridge top. If in an exposed area, squat low to the ground, and place your hands on your knees, with your head between them. Do not lie flat on the ground. **Best bet:** Go into a forest and stay near a lower stand of trees.
- Stay away from isolated trees, tall or wet objects, water, and metal objects.
- Stay out of shallow caves and overhangs.
- If you are camping in an open area, set up camp in a valley, ravine or other low area that is not subject to flooding. Remember, a tent offers no protection from lightning.



Flash Flood/Flood Safety

Flash floods can occur anytime, and thunderstorms further upstream can cause them further downstream. Distant rain may be channeled into gullies, narrow canyons, and ravines. Be alert for thunder or lightning in the immediate area and over nearby hills.



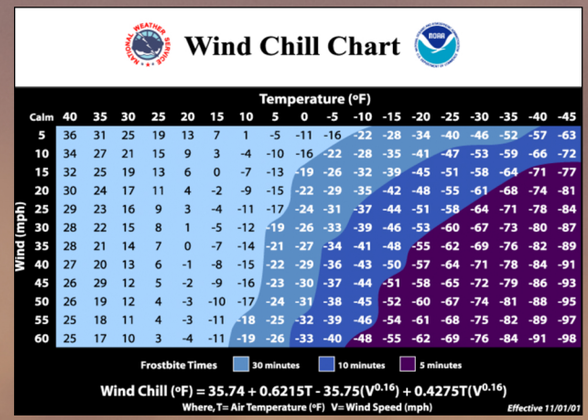
- Avoid camping on the banks of high and fast running streams.
- Avoid camping in recent wildfire burn areas, as water will be more prone to run on top of the soil and cause debris flows.
- If you are in an area of rocky and high cliff terrain, look for high water mark signs, as this may indicate a history of flooding.
- If food comes in contact with flood waters, throw it out and boil drinking water before using.

Heat Safety

- Hottest time of day is between 1pm and 5pm.
- Slow down, drink plenty of water, and take frequent breaks.
- Stay in the shade when possible.
- Wear lightweight, loose-fitting, and light-colored clothing.

Winter Weather Safety

- Dress in warm layers and stay dry.
- Do not leave areas of the skin exposed to the cold and avoid exertion.
- Be prepared to take emergency shelter such as a lean-to, windbreak, or snow cave.
  - Pack dry clothing, a 2way radio, waterproof matches, and fire starters.
- Build a fire for heat and to attract attention.
- Watch for signs of cold-weather health issues such as frostbite and hypothermia.



Avalanche Safety

- If traveling in avalanche-prone areas, ALWAYS have a partner.
- Know the terrain you will be traveling in.
- Carry and know how to use: avalanche beacon/transceiver, shovel, probe, and slope meter.
- Look for signs of recent avalanche activity.
- Always assess the snowpack and slope before traveling and descending.