

# Beware of the **DANGERS** of the Mudflats

Besides mountains, forests and glaciers, Anchorage is home to mudflats that encompass the tidelands beneath Turnagain Arm and upper Cook Inlet. At low tide, the inlet is nearly void of water. The mudscape looks serene and solid, but don't be fooled, the mudflats are like quicksand.



Anchorage beaches are unique because of the silt, tide and cold conditions that exist. For your safety, don't go out on the mudflats. But if you do, here are some safety suggestions from the Anchorage Fire Department:

- ✓ Never go alone. Sending a friend for emergency assistance could be your only hope.
- ✓ Wear loose fitting, warm footwear. Be prepared for hypothermia, even in summer weather, as water temperature is never above 37 degrees.
- ✓ If you get stuck, immediately fall forward, distributing your weight. Never struggle; try to free one leg at a time, pulling out of footwear if necessary.

- ✓ Don't take along heavy equipment. Weight is the enemy.
- ✓ Never step in the same spot twice. If you have to be in an area long, lie down to distribute your weight.
- ✓ Always be aware of tide schedules.

Fighting to get out of the mud could become a battle to escape drowning.

The mudflat danger is real. Lives have been lost – in July 1998 a young woman drowned while trapped on the mudflats. Don't get caught fighting for your life. Where the grass stops, you stop!

*– Brought to you by:  
Anchorage Fire Department,  
International Brotherhood of Electrical Workers  
and Chugach Electric Association*



Anchorage Convention & Visitors Bureau  
524 W. Fourth Ave • Anchorage, AK 99501-2212  
(907) 276-4118 • Fax: (907) 278-5559  
Explore [www.Anchorage.net](http://www.Anchorage.net)