

MY OUTDOOR ACTIVITY PLANS AND EQUIPMENT / SUPPLIES

Complete this form prior to an outdoor adventure,
Leave it with a responsible person. Your life may depend on it!

Start:
Day of Week Date Month

Intended Return:

Day of Week Date Month

Purpose of Trip:

- | | |
|--|---|
| <input type="checkbox"/> Day Hike | <input type="checkbox"/> 1/2 Day Hike |
| <input type="checkbox"/> Overnight Hike | <input type="checkbox"/> Climbing |
| <input type="checkbox"/> Fishing | <input type="checkbox"/> Hunting |
| <input type="checkbox"/> Skiing | <input type="checkbox"/> Snowmobiling |
| <input type="checkbox"/> Canoeing/Kayaking | <input type="checkbox"/> Mushroom Picking |
| <input type="checkbox"/> Other: _____ | |

Route Plan A

Specific Area: _____

Intended Route in (be specific): _____

Intended Route out (be specific): _____

Destination: _____

Route Plan B – Alternate

Specific Area: _____

Intended Route in (be specific): _____

Intended Route out (be specific): _____

Destination: _____

Transportation to and from the starting point:

Vehicle Licence No: _____

Make/Model: _____ Colour: _____

Owner: _____

or dropped off at starting point by:

Name: _____ Phone: _____

To be picked up at end point by:

Name: _____ Phone: _____

Time: _____ Date: _____

Location: _____

Equipment/Supplies taken:

- | | | |
|---|---|---|
| <input type="checkbox"/> Backpack | <input type="checkbox"/> Water | <input type="checkbox"/> Firestarter |
| <input type="checkbox"/> First Aid Kit | <input type="checkbox"/> Flashlight | <input type="checkbox"/> Avalanche Beacon |
| <input type="checkbox"/> Whistle | <input type="checkbox"/> Snowshoes | <input type="checkbox"/> Stove |
| <input type="checkbox"/> Skis | <input type="checkbox"/> Extra Clothing | <input type="checkbox"/> Sun Protection |
| <input type="checkbox"/> Tent (colour): _____ | | |
| <input type="checkbox"/> Food (days per person): _____ | | |
| <input type="checkbox"/> Radio (frequency/channel): _____ | | |
| <input type="checkbox"/> Signalling Device: _____ | | |
| <input type="checkbox"/> Personal Locator Beacon (PLB#): _____ | | |
| <input type="checkbox"/> Cellular Phone No.: _____ | | |
| <input type="checkbox"/> Firearms: _____ | | |
| <input type="checkbox"/> RV, ATV, Boat, Snowmobile (description): _____ | | |

I HAD THE TEN ESSENTIALS AND SURVIVED!

Are you prepared and equipped to
spend the night outdoors if you get lost?

Many people who have an outdoor misadventure quickly point out that having and using the 10 essentials allowed them to survive!

- Flashlight, spare batteries and bulb
- Firemaking kit – waterproof matches/lighter, firestarter/candle
- Signalling device – whistle or mirror to signal searchers if you become lost
- Extra food and water – 1 litre/person
- Extra clothing (rain, wind, water protection and toque)
- Navigational/Communication Aids (maps, compass, GPS, charts, cellular phone, hand held radio – fully charged) know how to use these items
- First Aid kit and know how to use it
- Emergency shelter – orange tarp or large orange garbage bag. These can also be used as signalling devices
- Pocket knife
- Sun protection (glasses, sunscreen, hat)



CODE OF RESPONSIBILITY FOR OUTDOOR ACTIVITIES.

Enjoy the outdoors – Safely
“It’s your responsibility”

Each year there are over 1,000 search and rescue incidents resulting in over 200 persons injured and over 80 deaths.

There are 93 Ground Search and Rescue teams made from 4,700 volunteers with the responsibility for ground and inland waterways and supported by the Provincial Emergency Programs Public Safety Lifeline Volunteer Services. These dedicated volunteers are trained in Ground Search and Rescue, Swift water Rescue, Rope Rescue, Tracking and Mountain Rescue.

If you require assistance from one of these teams contact the police in the area.

AdventureSmart



Get informed & go outdoors!



AVOID DEATH AND INJURY IN OUTDOOR RECREATION

Too often people realize too late that the outdoor activity they are involved with could lead to injury and/or death!

Avoid This Situation – Here's How!

Adjust your plan when circumstances change

- Are you prepared when the weather changes?
- What will you do if you run out of daylight?
- What will you do if your partner or other members of your group become ill or injured?

Prepare for Emergencies

- Will you stay warm and dry no matter what happens?
- Are your ten (10) essentials and other necessary equipment in good working order?
- Have you practised using all your equipment?

Have you:

- checked the weather?
- told someone where you're going?

Do you:

- know what to do if you get lost?

OUTDOOR TRAVEL TIPS

- **Be prepared for your chosen recreation** – being fit enough to go the distance takes physical preparation. Stick to your turnaround time. Take the proper equipment, have a trip plan and use reference and guide books.
- **Always carry the essentials** – if necessary, be ready to stay out overnight. Carry a flashlight – many people become lost because of darkness.
- **Complete a trip plan and leave it with a friend** – the trip plan explains your destination, the route you are taking, who is in the group and your return time. If you do not return as planned, the friend you left the trip plan with can give the form to the police to initiate a search.
- **Never hike alone** – hike with a group and keep together. Travel at the speed of the slowest person. If a person becomes separated by going ahead or falling behind, they are more likely to become lost.
- **Do not panic** – maintain a positive mental attitude if you become lost. Being lost is not dangerous if you are prepared.
- **Stay where you are** – people who carry on after they become lost usually get further from the trail and further from people who are looking for them. Also, going downhill often leads to natural drainage. Gullies which typically have very thick bush, expansive cliffs and waterfalls make travel and searching more difficult.
- **Use signalling devices** – blowing a whistle, lighting a fire and staying visible will help searchers find you. Help searchers find you even if you are embarrassed or afraid. Remember that animals will not be attracted to your signals. Searchers may also use planes or helicopters – make yourself visible to them.
- **Build or seek shelter** – protect yourself from the rain, wind and excessive sun. Be as comfortable as possible, but when it is daylight, make sure you are visible to searchers in helicopters or planes.
- **The most common mistake** – an individual's belief that "it could never happen to me" is summed up as EGO. By being prepared, you can enjoy your trip outdoors regardless of what nature throws at you!

The most common mistake...

"It could never happen to me."

DESCRIPTION OF THIS TRIP'S MEMBERS

	Person 1	Person 2	Person 3	Person 4
Last Name				
First Name				
D.O.B				
Height				
Weight				
Hair and Skin				
Family Doctor				
Hat Colour				
Coat Colour				
Shirt/Sweater Colour				
Pack Colour				
Pant Colour				
Footwear Type & Size				
Allergies				
Medications				
Emergency Contact				
Map				
Transceivers				
Shovel				
Probes				
Communication				
Navigation				
Survival Training				
First Aid/Certification				
Ability B/N/E				

The following will be notified if I/we change destination:

Name:	Address:
Home Phone:	Work Phone:

Please notify the police if I/we do not return by:

Date:	Time:
Signature:	Date:

Detach and take this half with you

Detach and leave with a friend