

## WHEN OUTDOORS, PLAN TO BE SAFE

**NO ONE EVER** plans to get into trouble outdoors. But a turn in the weather, a mistake in judgment, equipment failure, sudden nightfall or an unexpected injury can change any recreational outing into a crisis.

How prepared are you for outdoor activities? Learn more about being prepared for any kind of emergency. And before you head outdoors again, ask yourself the following five questions:

### What safety precautions should I take?

- Leave word with a trustworthy person about your expected activity, who you are with, your starting point, route, destination and expected return time. Instruct them to contact the police immediately if you do not return as planned.
- Never go out alone.
- Obey all posted safety signs.
- Always set and stick to turnaround times, and adjust your pace to the slowest person in the group.

### Am I physically prepared for the activity?

- Be sure your level of physical fitness can meet the demands of your proposed activity.

### Do I have the proper gear and clothing?

- Make sure all your gear is in good working condition.
- Dress in layers and be ready for predicted — and unpredictable — weather conditions.

### Am I carrying essential emergency items?

Some of the things you should pack, and know how to use, are:

- Map and compass.
- Large orange plastic bag to use as signalling device, emergency shelter, or rainwear.
- Flashlight and spare batteries.
- Extra food and water.

- Pocket knife.
- Waterproof matches, lighter or firestarter.
- First-aid kit.
- Whistle.

### **Do I know what to do if I get lost or stranded?**

- The key is not to panic. Stay calm and remain where you are. Avoid heading downhill or down gullies, as this can lead to thicker bush and more dangerous terrain.
- Help searchers find you, even if you are embarrassed or afraid. Make signals — use your whistle, light a fire or display an orange garbage bag. Remember that animals will not be attracted to your signals.
- During the daylight, stay in the open. At night, build or find shelter.

### **Further Information:**

For further information on surviving in the outdoors, visit the Provincial Emergency Program (PEP) Web site at [www.pep.bc.ca](http://www.pep.bc.ca) Trip plans are also available from:

Provincial Emergency Program

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*PEP offices are located in Kamloops, Nelson, Prince George, Surrey, Terrace, and Victoria.*