

DETACH AND TAKE THIS HALF WITH YOU

OUTDOOR TRAVEL ESSENTIALS

- ☐ Current map of the area and compass. **Know how to use them!!!**
- ☐ Large orange coloured plastic bag - useful as emergency shelter, signaling device or rainwear.
- ☐ Flashlight and spare batteries (keep batteries warm in cold weather).
- ☐ **Extra** food and water.
- ☐ **Extra** clothing that is stored in a watertight plastic bag - rain and wind clothes, toque and gloves, sweater and warm pants (NOT Jeans!), and proper footwear.
- ☐ Sun / Insect protection - sunglasses, sun-screen, hat, long-sleeved shirt and pants.
- ☐ Sturdy pocket knife.
- ☐ Windproof/Waterproof lighter and matches.
- ☐ Candles and/or firestarter (efficient fire-building in adverse weather **MUST** be learned before you venture out!)
- ☐ Check weather forecasts and travel concerns prior to departure. When boating always wear a PFD.
- ☐ First aid kit - (training is required to develop skills needed for proper first aid.)
- ☐ Whistle, small lightweight ground insulation, projectile-type flares, tarp, space blanket, flagging tape, notebook and pencil.

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

REMEMBER: unexpected delays, bad weather or injuries can turn any outing into an extended crisis.



- 20% post-consumer recycled paper
- Vegetable based ink



TRIP PLAN *for* **OUTDOOR SURVIVAL**

Complete this form prior to an outdoor excursion, leave it with a responsible person. **YOUR LIFE MAY DEPEND ON IT!** In the event that you do not return from your trip as stated in this trip plan, it will be given to police and search and rescue organizers.

'ENJOY THE OUTDOORS SAFELY...IT'S YOUR RESPONSIBILITY'

Distributed by:

FOOTHILLS SEARCH & RESCUE SOCIETY
P.O. BOX 549
TURNER VALLEY, ALBERTA T0L 2A0

**Search and Rescue Volunteer
Association of Canada**



National Search and Rescue Secretariat
Secrétariat national Recherche et sauvetage



OUTDOOR TRAVEL TIPS

- ★ **BE PREPARED FOR YOUR CHOSEN RECREATION** - Being fit enough to go the distance takes physical preparation. Stick to your turnaround time (a general rule of thumb is to allow 1/3 of your time for the trip in, and 2/3 for the return trip). Take the proper equipment, have a trip plan, use maps, and reference/guide books.
- ★ **ALWAYS CARRY THE ESSENTIALS** - Check that all are in good working order before leaving. If necessary, be ready to stay out overnight. Always carry extra clothes, water, high energy food (like trail mix), and a flashlight - many people become lost because of darkness. Remember - even a short trip can become lengthened because of unexpected circumstances such as bad weather, or becoming lost or injured, so **BE PREPARED!**
- ★ **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 GO OUT IN THE WILDERNESS ALONE** - Always go out with a friend or group. Stay within sight of one another and designate a time and place to meet in case someone does get separated. No matter what you are doing in the wilderness, travel together and keep together. Travel at the speed of the slowest person; if a person becomes separated from the group by going ahead or falling behind, he or she is more likely to become lost.
- ★ **LEARN HOW TO NAVIGATE** - Buy a compass and a map of the area where you are going. **Learn how to use them.** Topographical maps are usually available from Natural Resources Departments. As you travel through the wilderness, pay attention to your surroundings, take note of landmarks, and periodically look back the way you came. Be aware of the distance you have traveled and the time. Reassess your destination goals and travel plans throughout the day.
- ★ **DO NOT PANIC** - Maintain a positive mental attitude if you become lost. Remain calm and control your fears; you will be able to think more clearly. Being lost is not dangerous if you are prepared. If you become lost, remember the acronym S.T.O.P. : *sit, think, observe and plan*. Once you have a plan, you will feel much better, action is an excellent antidote to fear.
- ★ **STAY WHERE YOU ARE** - Stop as soon as it is apparent that you have become separated from your group, are lost or in trouble. People who carry on after becoming lost usually get further from roads and trails, and further from people who are looking for them. Stay with your boat even when capsized.
- ★ **STAY SOBER** - Alcohol and drugs affect clear thinking, coordination and reaction time. Unwise decisions are made.
- ★ **USE SIGNALING 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. Three of anything - for example, three whistle blasts, three fires, or three gunshots - is an internationally recognized distress signal. (When using fires as a signal ensure that they are contained, keep a careful watch of them).
- ★ **BUILD OR SEEK SHELTER** - Protect yourself from the rain, wind, and excessive sun. It may take several hours to build shelter and collect fuel wood, so do it early while you still have energy. It is important to 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** - Don't be fooled by thinking that "it could never happen to me." By being prepared, you can enjoy your trip outdoors regardless of what nature throws at you!

START: _____
Day of Week Date / Month

INTENDED RETURN: _____
Day of Week Date / Month

PURPOSE OF TRIP:

- | | |
|---|--|
| <input type="checkbox"/> Hunting | <input type="checkbox"/> Fishing |
| <input type="checkbox"/> Day Hike | <input type="checkbox"/> Skiing |
| <input type="checkbox"/> Overnight Hike | <input type="checkbox"/> Snowboarding |
| <input type="checkbox"/> Canoeing/Kayaking | <input type="checkbox"/> Snowmobiling |
| <input type="checkbox"/> Mushroom/Berry Picking | <input type="checkbox"/> Mountain Biking |
| <input type="checkbox"/> Other: _____ | |

THE TRIP:

General Area: _____

Specific Area: _____

Starting Point (be specific): _____

Intended Route In (be specific): _____

Intended Route Out (be specific): _____

Destination: _____

Local Landmarks: _____

Map Used: _____

Have you been to the area before? _____

If yes, how many times? _____

This form was modified from a trip plan form which is distributed by the B.C. Provincial Emergency Program.



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: _____

Other rendezvous points used by the group: _____

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"/> Whistle |
| <input type="checkbox"/> Snowshoes | <input type="checkbox"/> Skis | <input type="checkbox"/> Extra Clothing |
| <input type="checkbox"/> Stove | <input type="checkbox"/> Sun Protection | |
| <input type="checkbox"/> Tent (colour): _____ | | |
| <input type="checkbox"/> Food (days per person): _____ | | |
| <input type="checkbox"/> Radio (type and frequency): _____ | | |
| <input type="checkbox"/> Signaling device: _____ | | |
| <input type="checkbox"/> Personal Locator Beacon (PLB#): _____ | | |
| <input type="checkbox"/> Cellular Phone No.: _____ | | |
| <input type="checkbox"/> Firearms: _____ | | |
| <input type="checkbox"/> RV, ATV, Boat (description): _____ | | |

Note: Outdoor activities are assumed risk sports. This brochure is intended as a guide, and cannot be expected to replace approved and appropriate courses in outdoor survival, first aid, CPR or emergency procedures. Planning, experience and education are essential for safe, successful wilderness trips.

DESCRIPTION OF THIS TRIP'S MEMBERS: DETACH AND LEAVE THIS HALF WITH A FRIEND

	Person 1	Person 2	Person 3	Person 4
Last Name				
First Name				
Disability				
Medical Condition				
Prescribed Medication				
Age				
Height				
Weight				
Hair and Skin				
Glasses?				
Family Doctor				
Hat Colour				
Coat Colour				
Shirt				
Sweater				
Pant Colour				
Footwear type				

Personal Preparedness

Survival Training				
Outdoor Experience				
Map/Compass Training				
First Aid Training				
Knowledge of Area				

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: _____
Print Name: _____
Signature: _____ Date: _____