

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				
DISABILTY				
AGE				
HEIGHT				
WEIGHT				
HAIR & SKIN				
20/20 VISION?				
FAMILY				
HAT COLOUR				
COAT COLOUR				
SHIRT/SWEATER				
PANT COLOUR				
FOOTWEAR				
PERSONAL PREPAREDNESS				
SURVIVAL				
OUTDOOR				
FIRST AID				
AVALANCHE				
SKIIER				
SNOWSHOER				
OTHER				

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

OUTDOOR TRAVEL *ESSENTIALS*

- G Map of the area and compass. **KNOW HOW TO USE THEM!!!**
- G Large orange-coloured plastic bag—useful as emergency shelter, signalling device or rainwear.
- G Flashlight and spare batteries.
- G EXTRA food and water.
- G EXTRA clothing—rain and wind clothes, toque and gloves, sweater and warm pants (NOT jeans!)
- G Sun protection—sunglasses, sunscreen, hat, long-sleeved shirt and pants.
- G Pocket knife.
- G Waterproof matches and/or a full lighter.
- G Candles and/or firestarter (efficient fire-building in adverse weather must be learned before you venture out!)
- G Ensure weather forcast and hazards (eg. snow conditions) are checked prior to departure.
- G First aid kit—(training is required to develop skills needed for proper first aid.)
- G Extras—whistle, small lightweight ground insulation such as “insulite”, projectile-type flares, tarp.

REMEMBER: bad weather, early darkness or an unexpected injury can turn any outing into an extended crisis!



TRIP PLAN

for

OUTDOOR SURVIVAL

Complete this form prior to an outdoor adventure, 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.

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!

DETACH AND TAKE THIS HALF WITH YOU

START: _____ / _____
Day of Week Date Month

INTENDED RETURN: _____ / _____
Day of Week Date Month

PURPOSE OF TRIP:

- G Day Hike G ½ Day Hike
G Overnight Hike G Climbing
G Fishing G Hunting
G Skiing G Snowmobiling
G Canoeing/Kayaking G Mushroom Picking
G Other: _____

THE TRIP:

General Area: _____

Specific Area: _____

Intended Route in (be specific): _____

Intended Route out (be specific): _____

Destination: _____

Local Landmarks: _____

Map Used: _____

DETACH AND LEAVE WITH A FRIEND

TRANSPORTATION TO & FROM THE STARTING POINT:

Vehicle License 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:

G Backpack G Water G Firestarter

G First Aid Kit G Flashlight G Whistle

G Avalanche Beacon (PIEPS) G Snowshoes

G Stove G Skis G Extra Clothing

G Sun Protection G Tent (colour): _____

G Food (days per person): _____

G Radio (type & frequency): _____

G Signalling Device: _____

G Personal Locator Beacon (PLB #): _____

G Cellular phone #: _____

G Firearms: _____

G RV, ATV, Boat (description): _____
