

PLAN YOUR TRIP

ASK YOURSELF

- Where are we going?
- Do we need permission for access?
- Who is going?
- How long shall we go for?
- What shall we take?

Choose a trip in keeping with the experience, fitness and ability of your party. Be realistic. Include contingency plans for bad weather.

Get up-to-date information and advice about where you're going tramping. Dept of Conservation centres have local track information and maps.

Go with someone experienced and learn from them.

Contact the MetService for an up-to-date weather forecast.

Be aware of rivers in the area and the location of bridges.

Know where to find huts, shelters or good camping spots. Always carry emergency shelter.

Be mentally and physically prepared for bad weather. It can snow at any time of year in the New Zealand mountains, and the weather can change rapidly, even within minutes.

Leave your trip details with a responsible person. Use a NZMSC HELP form to record where you are going, your expected time of return and other essential details.

Delays happen. Patience is needed when things go wrong. Be prepared to modify your plans.



YOU WILL NEED

CLOTHING

- PARKA** – waterproof with hood
- OVERTROUSERS** – windproof
- GAITERS** or **PUTTEES** – to keep out gravel
- BOOTS** – sturdy, good fit, protected with dressing/polish
- SOCKS** – 2-3 pairs in good condition*
- HAT** or **BALACLAVA***
- GLOVES** or **MITTENS***
- UNDERWEAR***
- LONGJOHNS/TROUSERS***
- TOPS** – 2 medium weight*
- JERSEY** or **JACKET** – 2, 1 lightweight*
- SHORTS** – quick drying
- COTTON SHIRT** and **SUN HAT** – optional; for use in fine weather.

**Select warm garments made of wool, polypropylene or polyesters (fleece).*

Aspects to consider when buying clothing: weight, wicking/breathing ability, drying time, warmth and fit.

LAYERING – two light layers of clothing are warmer and more versatile than one heavy one.

PARTY EQUIPMENT FOR FOUR

- TENT** and/or **FLY** – waterproof with long gup ropes.
- BILLIES** – 2 or 3 aluminium or stainless steel, with lids. Use billy bags.
- FRYING PAN** (optional) – aluminium or stainless steel, small.
- STOVE** – white gasline or gas, spare fuel, and primer if required.
- POT SCRUBBER**
- FIRST AID KIT** – lightweight but comprehensive. Include mending gear.
- CORD** – length of strong nylon cord.
- ① **"SAFETY IN THE MOUNTAINS"** – booklet
- MOUNTAIN RADIO**

PERSONAL EQUIPMENT

- PACK** – with waterproof liner such as yellow NZMSC packliner.
- ① Pack should be light, strong, comfortable, 60-90 litres for overnight trips. Carry up to one quarter your weight.
- SLEEPING BAG** – good quality down or synthetic fibre. Pack in stuff bag. Keep dry in plastic bag.
- ① **GROUND SHEET** – lightweight, waterproof; plastic or poly laminate. Use the NZMSC Survival Bag as a groundsheet.
- SLEEPING MAT** – closed cell foam, or a self-inflating airbed.
- MAP OF AREA** – in clear plastic cover.
- FIRST AID KIT** – small, with insect repellent and sunscreen.
- COMPASS** – base-plate type. Learn how to use it.
- MATCHES/LIGHTER** – in waterproof container.
- EMERGENCY FIRE STARTER** – solid fuel, candle or strips of rubber inner tube.
- TORCH** – small with spare bulb & batteries.
- PLATE AND MUG** – unbreakable. Bowl may do for both.
- DRINK BOTTLE**
- KNIFE** – sheath or pocket.
- KNIFE, FORK & SPOON**
- BOOTLACES** – spare set, or cord.
- PLASTIC BAGS AND TIES** – various sizes for food and clothing.
- TOILET GEAR** – soap, toothbrush, toilet paper, small towel.
- SURVIVAL KIT** – whistle, cord, fish hooks & line, sharp knife, pencil & paper, first aid items, plastic bags, survival sheet, firefighters.
- HUT TICKETS/ANNUAL HUT PASS** – purchased from the Dept of Conservation.

FOOD AND DRINK

Food should be:

Lightweight – freeze-dried, dehydrated meals, dried vegetables, milk powder, etc. Remove unnecessary packaging.

High energy value – should contain proteins, fats and carbohydrates in the proportion **1:1:4**:

- 1: Proteins:** meat, cheese, eggs, milk powder.
- 1: Fats:** cheese, chocolate, butter, bacon, salami.
- 4: Carbohydrates:** sugar, bread, muesli, rice, macaroni, sweets, dried fruit.

You will also need:

Snacks – biscuits, nuts, raisins, sweets, chocolate, scroggin, etc.

Emergency food – soups, rice, pasta, sardines, dried fruit, cheese, biscuits. Take some that doesn't need to be cooked. Fast cooking food is convenient.

Ensure you have good ventilation when using portable cookers and lamps.

Drinks

Don't forget to pack tea, coffee, a chocolate drink and sachets of powdered fruit drink. Carry water if you won't be able to find any on your route.

You need to drink water regularly – If you suspect the water is unsafe you should treat it by boiling, purifying or using a water filter.



ROUTE FINDING

All outdoor users should carry and be able to use a map and compass. Location awareness skills are also important; know where you are and where you have travelled, be observant, and remember natural features. NZMSC's Bushcraft Manual can help you learn navigational skills. Navigation courses are run by Mountain Safety branches and outdoor clubs, and provide practical instruction in the field.

Despite your best efforts you may still get lost or disoriented so you need to know how to cope with a survival situation.

SURVIVAL SITUATION

STOP, STAY CALM AND PLAN

Keep warm; build or find a shelter, put on more clothes, make a fire. Drink plenty of water and ration your food. Know how to help searchers find you.

 The NZMSC orange Survival Bag has survival hints printed on it; carry one of these with you.

RIVER SAFETY

Be careful near water. Plan your trip to use the bridges provided. Avoid river crossings where possible. Be aware of rising water levels following heavy rain or snow thaw. Never cross a flooded river.

 The NZMSC's Bushcraft Manual contains detailed information about safety near water. Also refer to the pamphlet "RIVERS – The Power to Kill".

 If you plan to cross rivers, attend river safety training. Courses are run by Mountain Safety branches and outdoor clubs.

OUTDOOR FIRST AID

Make sure you know something about outdoor first aid before you head off into the backcountry. Hypothermia is perhaps the greatest danger facing people travelling in the outdoors. Know how to recognise symptoms and how to treat hypothermia.

 Refer to NZMSC resources for guidance.

Be prepared:

- Attend a first aid course, preferably an 'outdoor first aid course' such as the one NZMSC branches run.
- Carry a first aid kit – for contents refer to NZMSC Outdoor First Aid Manual.
- Read a first aid manual – carry it with you.

WEATHER

New Zealand's backcountry weather is very changeable and difficult to predict. You must always be prepared for the very worst weather conditions. Carry enough of the right sort of clothing and equipment to cope with any type of weather. Be aware that hypothermia can affect anyone when the weather is cold, wet or windy.

WHERE TO GET SKILLS

- Mountain Safety Council branches
- Outdoor clubs – Federated Mountain Clubs of NZ (FMC)
- Commercial instructors – NZ Outdoor Instructors' Association

Branch contact:

Cover photo: Courtesy of Black Robin Photography
Clothing: Courtesy of Bivouac Outdoor (except front cover)

RESOURCES

MANUALS

Bushcraft
Outdoor First Aid
Hypothermia
Managing Risks In Outdoor Activities
NZ Firearm Handbook

PAMPHLETS

Survival
Hypothermia
Rivers The Power To Kill
Let It Breathe – cooker safety
Radio Communications
Mountain Radio Service – contacts
Firearm Safety
Join A Club (FMC) – club contacts

VIDEOS

It was Just A Tramp In The Bush – bushcraft
Do You Need To Cross? – river safety
Found Alive – bush survival

OTHER USEFUL RESOURCES

HELP forms – to record trip intentions
NZMSC Survival Bag – with survival hints
NZMSC Packliner
Safety In The Mountains (FMC) – bushcraft tips
Safety in the Outdoors – resource for schools

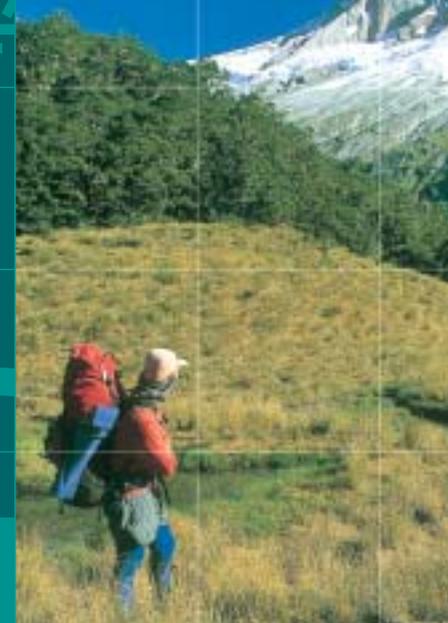
WEATHER CONTACTS

MetFax phone 0900 77999
MetPhone 0900 999 plus your area code

WWW CONTACTS

NZMSC: www.mountainsafety.org.nz
Federated Mountain Clubs of NZ: www.fmc.org.nz
NZ Outdoor Instructors' Assn: www.nzoia.org.nz

Going Bush?



For resources and further information contact:
NEW ZEALAND MOUNTAIN SAFETY COUNCIL
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PAMPHLET 3



NZMSC resources 
Important tip 
Weather 
Contacts www

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