

PLAN YOUR OUTDOOR TRIPS THIS WILL REDUCE THE RISK OF THINGS GOING WRONG

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

Choose a trip that's in keeping with the experience, fitness and ability of your party. Consider alternative routes should conditions become unsafe.

Take clothing and equipment suitable for the trip and the time of year. Include a Mountain Radio. Consider whether an emergency locator beacon is required for backup.

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

Leave details of your trip with a responsible person.

Carry a personal survival kit. A large polythene bag is valuable for shelter and protection from the wind, rain and cold. NZMSC's *Survival Bag* is ideal and has survival tips printed on it. You can even use it for emergency clothing.



Carry emergency food, enough for one extra night.

Learn basic bushcraft and outdoor first aid skills. Be aware of the causes and symptoms of hypothermia, and know how to treat it. NZMSC pamphlets, manuals and courses will help you.

Learn to recognise survival situations and know how to deal with them.

Survival kit: important items to help in a survival situation.



WHAT TO DO IF THINGS GO WRONG

STOP, STAY CALM AND PLAN

You may be lost, have an injury, be stranded due to a flooded river, or not have reached a hut by dark. But are you really in a survival situation?

Assess your circumstances. You may find you are able to retrace your footsteps if lost, or arrange adequate shelter if stranded.

Consider how you can cope with the resources you've got. Evaluate your options.

If you find yourself without any of the following:

1. water 2. shelter 3. warmth 4. the will to survive 5. food ...you are facing a potential survival situation.

You will need to consider the welfare of your party...

KEEP WARM

- Find or make a shelter. Seek protection from the wind and rain. Select a safe site; one that won't flood and that isn't exposed to rock falls. You may find shelter under fallen trees or natural overhangs.
- Put on additional dry clothing.
- Make a fire.
- Use a sleeping mat or vegetation to insulate yourself from the damp, cold ground.
- Cover yourself with dry vegetation, such as fern fronds or tussock, for additional insulation.

DRINK PLENTY OF WATER AND RATION YOUR FOOD

While it is not desirable to go without food, you can survive for days without it, so long as you stay warm, rest and drink plenty of water.

CONSERVE YOUR ENERGY

BE DETERMINED TO SURVIVE – It is not unusual to feel fearful but you must tell yourself that you will survive.

GETTING HELP

You may decide to seek help if someone in your party is seriously injured or goes missing.

If you are carrying a Mountain Radio, getting advice and assistance may be quite easy. If not, you will have to send someone, if possible two people, out with a message. However you get help, make sure you communicate the following essential details:

- what has happened, and when
- details of the missing person/people and other party members
- details of injuries/illness
- relevant resources: clothing, equipment and experience
- location of the party
- action taken and immediate plans.

Messengers must mark their route carefully so searchers can find their way to the party easily.



Emergency shelter: When building the shelter, get down below the bushline if possible.



Snow shelter: extra care is required for above the bushline travel.

MOVING ON...

If you need to move to a safer site, or if changing circumstances enable you to make your own way out, make it easy for searchers to follow you. Leave notes, cairns, arrows etc. indicating the route you have taken.

It may often be better to stay put unless you are sure you can find your way out.

HELP SEARCHERS FIND YOU

Make signs that will attract attention:

- Arrows – of rocks or wood.
- Cairns – mounds of stones.
- Coloured items of clothing or equipment – place on ridges, or tie to saplings and shake.
- Smoke – burn green leaves.
- Noise – if you hear searchers: blow your whistle, bang rocks together or against a plate, shout, fire gunshots.



Leave signs of your whereabouts

WHERE TO GET SKILLS

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

Branch contact:

RESOURCES

MANUALS

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

PAMPHLETS

Going Bush?
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

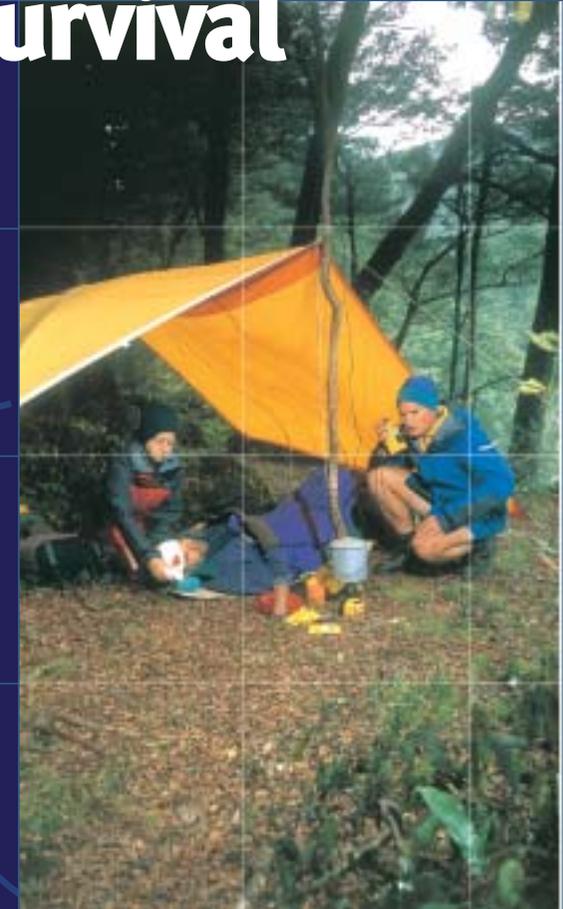
WEATHER CONTACTS

MetFax phone 0900 77999
MetPhone 0900 999 plus your area code

CONTACTS

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

Survival



For resources and further information contact:

NEW ZEALAND MOUNTAIN SAFETY COUNCIL
PO Box 6027 Wellington
Tel 04-385 7162, Fax 04-385 7366
info@mountainsafety.org.nz



NZMSC resources 
Important tip 
Weather 
Contacts [www](http://www.mountainsafety.org.nz)

NEW ZEALAND MOUNTAIN SAFETY COUNCIL