

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. MSC'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

IF THINGS GO WRONG, USE THE **STAR** MODEL FOR MAKING DECISIONS:

- Stop:** Take a deep breath, sit down and remain calm
- Think:** Look around you, listen, brainstorm options
- Assess:** Evaluate the options & their potential consequences
- Respond:** Take the best alternative. **REMEMBER:** Water, shelter, warmth and the will to survive are the essential elements to your survival. If in doubt - stay put. Your trip planning will help you deal with the situation, and your Intentions Form will initiate help if you are overdue.

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.

MSC's Bushcraft Manual contains detailed information about safety near water. Also refer to the MSC pamphlet "River Safety".

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 MSC resources for guidance.

BE PREPARED:

- ▲ Attend a first aid course, preferably an outdoor first aid course such as the one MSC branches run.
- ▲ Carry a first aid kit - for contents refer to MSC Outdoor First Aid Manual.
- ▲ Read a first aid manual and carry it with you.
- ▲ Safety is your responsibility, plan to return from your trip safely

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 THE SKILLS

- ▲ **MOUNTAIN SAFETY COUNCIL BRANCHES** - For courses nearest you visit www.mountainsafety.org.nz
- ▲ **OUTDOOR CLUBS** - Federated Mountain Clubs of NZ (FMC)
- ▲ **COMMERCIAL INSTRUCTORS** - NZ Outdoor Instructors' Association

THE TRAMPERS CODE:

1. PLAN YOUR TRIP THOROUGHLY
2. CHECK TRACK AND HUT CONDITIONS
3. CHECK THE WEATHER FORECAST
4. CARRY SUFFICIENT CLOTHING, EQUIPMENT, FOOD & WATER
5. CARRY A MEANS OF COMMUNICATIONS
6. BEWARE OF RIVERS - IF IN DOUBT "STAY OUT"
7. PLAN FOR EMERGENCIES

More info at www.outdoorsafetycode.co.nz

MSC RESOURCES

MANUALS

- ▲ Avalanche Awareness
- ▲ Bushcraft
- ▲ Outdoor First Aid
- ▲ Abseiling
- ▲ Alpine Skills
- ▲ HUNTS
- ▲ NZ Firearm Handbook
- ▲ Outdoor safety: Risk Management

PAMPHLETS

- ▲ Going Bush?
- ▲ Plan to Survive
- ▲ Preventing Hypothermia
- ▲ River Safety
- ▲ Outdoor Communications
- ▲ Mountain Radio Service
- ▲ Let It Breathe - Camping appliance safety
- ▲ Snowsports
- ▲ Using Avalanche Transceivers
- ▲ Firearms Safety

DVDs

- ▲ "Lets Go Tramping" includes:
 - Do you need to cross?
 - River Safety
 - Such a stupid way to die - Hypothermia
 - It was just a tramp in the bush - Bushcraft

- Found Alive - Bush Survival

- ▲ On Target - Hunting
- ▲ Staying Alive - Mountaineering

OTHER USEFUL RESOURCES

- ▲ MSC Survival Bag and Packliner
- ▲ Intention Forms - to record trip intentions

WEATHER CONTACTS

- ▲ MetFax - phone 0900 77 999
- ▲ Metphone 0900 999 plus your area code
- ▲ Metvuw - www.metvuw.com
- ▲ Metservice - www.metservice.co.nz

USEFUL CONTACTS

- ▲ MSC: www.mountainsafety.org.nz
- ▲ Avalanche Advisory: www.avalanche.net.nz
- ▲ National Incident Database: www.incidentreport.org.nz
- ▲ Federated Mountain Clubs NZ: www.fmc.org.nz
- ▲ NZ Land Search & Rescue: www.landsar.org.nz
- ▲ Department of Conservation: www.doc.govt.nz
- ▲ Outdoor Safety Code - www.outdoorsafetycode.co.nz

GOING BUSH?

— Visit: www.mountainsafety.org.nz

ESSENTIAL PLANNING FOR A SAFE TRIP

BRANCH CONTACT:

NEW ZEALAND MOUNTAIN SAFETY COUNCIL
PO Box 6027 Wellington
Tel 04 385 7162, Fax 04 385 7366
Email: orders@mountainsafety.org.nz
www.mountainsafety.org.nz
www.avalanche.net.nz
www.incidentreport.org.nz



NEW ZEALAND MOUNTAIN SAFETY COUNCIL



NEW ZEALAND MOUNTAIN SAFETY COUNCIL

DISCOVER MORE, SAFELY.▲

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.

ASPECTS TO CONSIDER WHEN BUYING CLOTHING:

Weight, wicking/breathing ability, drying time, warmth & 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 guy ropes
- ▲ **BILLIES** – 2 or 3 aluminium or stainless steel, with lids. Use billy bags
- ▲ **FRYING PAN (optional)** – aluminium or stainless steel, small
- ▲ **STOVE** – white gasoline, methylated spirits, or gas stove, spare fuel, and primer if required
- ▲ **POT SCRUBBER**
- ▲ **FIRST AID KIT** – lightweight but comprehensive. Include mending gear
- ▲ **CORD** – length of strong nylon cord
- ▲ **'SAFETY IN THE MOUNTAINS'** – booklet
- ▲ **MOUNTAIN RADIO**

PERSONAL EQUIPMENT

- ▲ **PACK** – with waterproof liner such as yellow MSC packliner. 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
- ▲ **GROUND SHEET** – lightweight, waterproof; plastic or poly laminate. Use the MSC 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 suncream
- ▲ **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**
- ▲ **HUT TICKETS/ANNUAL HUT PASS** – purchased from the Department of Conservation.

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

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 an MSC Backcountry Intentions 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.

FOOD & 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 TO AVOID CARBON MONOXIDE POISONING.

For more information see MSC's 'Let it Breathe' pamphlet.

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.

