

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 IS OFTEN BETTER TO STAY PUT UNLESS YOU ARE SURE YOU CAN FIND YOUR WAY OUT.

HELP SEARCHERS FIND YOU

MAKE SIGNS THAT WILL ATTRACT ATTENTION:



Make sure to leave signs of your whereabouts.

- ▲ **ARROWS** – of rocks or wood
- ▲ **CAIRNS** – mounds of stones
- ▲ **TWISTED SILVER FERN FRONDS & OTHER LOW BROADLEAF PLANTS** – these act as lighthouses easily picked up by searchers' torchlights
- ▲ **COLOURED ITEMS 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
- ▲ **MUD TRACKS** – leave a good footprint wherever you can on muddy areas by streams & tracks.

WHERE TO GET 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

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

PLAN TO SURVIVE

— Visit: www.mountainsafety.org.nz



ESSENTIAL GUIDE TO REDUCING RISKS IN THE OUTDOORS

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. ▲

PLAN YOUR OUTDOOR TRIPS

REDUCE THE RISK OF THINGS GOING WRONG:

- ▲ Get up-to-date information and advice when you're going tramping. Department of Conservation centres have local track information and maps
- ▲ Choose a trip that's in keeping with the experience, fitness and ability of your group. Consider alternative routes should conditions become unsafe
- ▲ Take clothing and equipment suitable for the trip and always be prepared for the worst conditions. 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 who will contact the police if you don't return by your intended date
- ▲ Carry a personal survival kit. A large polythene bag is valuable for shelter and protection from wind, rain and cold. MSC'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. MSC pamphlets, manuals and courses will help you
- ▲ Learn to recognise survival situations and know how to deal with them
- ▲ Safety is your responsibility, plan to return from your trip safely.

For more information see MSC's Going Bush? pamphlet.

SURVIVAL KIT: Important items to help you survive			
	Pad and pencil		Survival blanket
	Whistle		Cotton wool
	Cord		Lighter/matches
	Aluminium foil		Bandage/plasters
	Knife		Rubber Inner tube
	Compass		Fish hooks & line
	Plastic Bags		Vaseline

PLAN FOR EMERGENCIES

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

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.

KEEP WARM:

- ▲ Find or make 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 over hangs
- ▲ Put on additional dry clothing
- ▲ Make a fire. You could use a rubber inner tube, or put cotton wool soaked in petroleum jelly to start your fire
- ▲ Use a sleeping mat or vegetation to insulate yourself from the damp cold ground
- ▲ Cover yourself with dry vegetation, such as ferns fronds or tussock for additional insulation.

DRINK PLENTY OF WATER AND RATION 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 group 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.

For more information see MSC's Outdoor comms pamphlet.

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 group members
- ▲ details of injury/illness
- ▲ relevant resources: clothing equipment and experience
- ▲ location of the group
- ▲ action taken and immediate plans



EMERGENCY SHELTER:

When building the shelter get down below the bushline if possible.



SNOW SHELTER:

Extra care is required for above the bushline travel.