

OUTDOOR INFORMATION SHEET

"Let someone know when you go"

"People should always plan for the unplanned. Always leave trip intention forms with someone who can raise the alarm if you do not make it back in time. Always pack extra food, water and clothes for inclement conditions. You never know when the weather might change"

Examples of what not to do;

1. 4x4 drivers entered into their vehicle GPS, the shortest distance home and followed the given directions. The road they drove onto was closed during winter (snow covered) they ignored signs, became bogged and spent two nights out until rescued by local police.
2. Four walkers on snowshoes in a remote alpine region rang police on the second night of a planned four-day walk complaining they had run out of food.
3. Two bush walkers training for the kokoda trail rang police 10 kilometers from their car complaining of fatigue. They wanted Police to pick them up.

The following information is only an overview of outdoor issues and should be a starting point for any person wishing to enjoy a safe wilderness experience and prevent the above happening to you.

Before entering a wilderness environment;

Plan your trip – Research your trip – using a current map and advice from experience walkers and local authorities. Understand the environment you are entering and risks associated with it, plan for the unexpected. Emergency response / rescue can take time always have an emergency plan factored into your trip.

- Parks Victoria 13 19 63 www.parkweb.vic.gov.au
- Snow – www.snowsafes.org.au.
- Bush walking information www.vicwalk.org.au
- www.visitvictoria.com.au
- Four Wheel Drive Victoria www.4wdvictoria.org.au

Know your limitations - Physical, medical, experience, skills for area. Travel within your ability and knowledge of area.

Have a trip intention plan – leave a copy in your vehicle and with a reliable person. Fill out trip intention books if available. Notify that person if you change your plans. Trip intention form attached.

Water – Always carry sufficient water for trip – day and overnight trips. Carry more water than you'll need, plan for emergencies. Stay hydrated and do not rely on creeks unless you have reliable information.

Food – As with water carry sufficient for trip and pack extra in case of emergencies.

Clothing – Dress for conditions, bring extra and have wet weather clothing available. Always have enough to cover you for the worst-case scenario. Weather conditions in wilderness environments are sometimes unpredictable.

Equipment – Always have a map and compass. GPS and mobile phones help but they do not replace experience. Bush walking clubs are a good way to advance your experience and knowledge.

Weather – Always check a current weather report but do not rely on it, plan for worst-case scenario by carrying extra food, water, clothing and equipment.

Suggested Equipment list

1. Suitable backpack
2. Map (current) and compass. GPS (extra batteries) learn how to use before leaving on trip
3. Headlamp, spare batteries and bulb

4. Whistle
5. Correct clothing – Seek advice outdoor stores, bush walking clubs.
6. Extra clothing
7. Extra food and water
8. Have correct footwear – wear in before long bush walks
9. Water proof matches and container
10. Candle / fire starter
11. Pocket knife
12. First aid kit – individual and group.
13. Tent or bivvy bag
14. Large rubbish bag for emergency shelter and keeping equipment dry in you pack
15. Note book and pencil
16. Sunglasses / sun hat / sunscreen
17. Mobile phone – Be aware it will not always have coverage.
18. Emergency Position Indicating Beacon EPIRB 406 <http://beacons.amsa.gov.au>
19. Senses of adventure but know your limitations.

Common factors which contribute to persons being lost

(There is usually a combination of the below factors which result in problems occurring)

1. ***Planning***, Lack of planning or no planning of trip
2. ***Terrain***, hazards such as cliffs, rivers which may delay or cause injury
3. ***Weather***, poor weather in area of search, hypothermia or hyperthermia
4. ***Equipment***, poor Equipment – failure of or inappropriate for area
5. ***Ability***, Over confident - skill ability not proven for particular terrain
6. ***Decision-making***, lack of leadership within party – leading to poor decisions. Once lost walking in one direction believing they will come across civilization eventually
7. ***Fatigue***, leading to poor decisions or injury
8. ***Physical ability***, poor physical condition
9. ***Lack of food or water***, contributing to fatigue and poor decision making
10. ***Medical***, preexisting or accident during trip
11. ***Technology***, over reliance in technology EG GPS flat batteries / mobile phones – no coverage
12. ***Underestimating route***, causing delay and/or unable to identify terrain hazards
13. ***No map / compass***, contributing to disorientation of person/s

WHAT TO DO IF LOST

- Stop and think. Stay calm
- Recheck navigation and map
- Re track steps a short distance may assist. Locate your last known point if possible
- Gain some height may assist in orientation
- If above does not help STAY WHERE YOU ARE.
- Find shelter stay warm and dry.
- Attempt to make your position visible to searchers land and air. E.g. fire or bright clothing in open area that can be seen by air searches.
- If you are in a group stay together, never separate.
- Be aware it can take a considerable time for rescuers to reach you so your priority is to remain warm and dry, ration your food and water if necessary.

If you are lost or require help call 000



TRIP INTENTIONS FORM

This form could save your life...

Fill it out before you leave home and ALWAYS leave it with someone reliable.

How to use this form...

Complete the relevant details on this form and leave it with a reliable friend, family member or responsible authority. The contact person you nominate will raise the alarm if you haven't returned and/or contacted them by the time indicated on the form.

Reporting Person

Name	Street Address
Telephone/s	Role (Organiser, Professional Staff, Group Leader, Instructor)

Don't forget - the Reporting Person MUST notify the Contact Person ASAP on return, or if delayed

Contact Person

Name	Street Address
Telephone/s	Nominated Search & Rescue Notification Time/Date (if applicable)

Note - Police WILL NOT initiate a search unless notified by the Contact Person.

Activity

<input type="checkbox"/> Bushwalking	<input type="checkbox"/> SCUBA Diving	<input type="checkbox"/> Climbing / Rappelling
<input type="checkbox"/> Flying	<input type="checkbox"/> Angling	<input type="checkbox"/> Hunting
<input type="checkbox"/> Boating	<input type="checkbox"/> Photography	<input type="checkbox"/> Prospecting
<input type="checkbox"/> Kayaking	<input type="checkbox"/> Four Wheel Driving	<input type="checkbox"/> Cross Country Skiing
<input type="checkbox"/> Canoeing	<input type="checkbox"/> Trail Bike	<input type="checkbox"/> Backcountry Skiing/Snowboarding
<input type="checkbox"/> Rafting	<input type="checkbox"/> Mountain Biking	<input type="checkbox"/> Other(Specify)

Others with me are...

1	Contact Telephone/s	<input type="checkbox"/> Passenger	<input type="checkbox"/> Professional
		<input type="checkbox"/> Participant	<input type="checkbox"/> Staff / Leader
2	Contact Telephone/s	<input type="checkbox"/> Passenger	<input type="checkbox"/> Professional
		<input type="checkbox"/> Participant	<input type="checkbox"/> Staff / Leader
3	Contact Telephone/s	<input type="checkbox"/> Passenger	<input type="checkbox"/> Professional
		<input type="checkbox"/> Participant	<input type="checkbox"/> Staff / Leader
4	Contact Telephone/s	<input type="checkbox"/> Passenger	<input type="checkbox"/> Professional
		<input type="checkbox"/> Participant	<input type="checkbox"/> Staff / Leader

For extra names use an additional form or attachment. Remember medical considerations; allergies, recent/current illness, medication, dose, quantity on hand, duration, result without, student medical plan, etc.

Trip Intentions *Indicated map used and camp references will assist potential searchers.*

Day 1 (Date)	Additional Days
Day 2	
Day 3	
Day 4	
Day 5	

Consider escape plans. Indicate whether planned school activity, outdoor recreational activity or other.

Vehicle/Trailer/Aircraft/Vessel Description...			
Make/Model		Registration Number/s	
Left at (location)			
Vessel Length.....	Hull Colour	Deck Colour	
Engine Size	<input type="checkbox"/> Diesel <input type="checkbox"/> Petrol	<input type="checkbox"/> Inboard <input type="checkbox"/> Outboard	<input type="checkbox"/> Single <input type="checkbox"/> Twin
Boat Name			

Equipment Carried...			
<input type="checkbox"/> Wet Weather Gear (Jacket & Overpants)	<input type="checkbox"/> Tent/Emergency Shelter	<input type="checkbox"/> Radio 27Mhz / VHF / HF	<input type="checkbox"/> Flares Carried
<input type="checkbox"/> Spare Warm Dry Clothing	<input type="checkbox"/> Matches (Waterproof)	<input type="checkbox"/> Mobile Phone CDMA / GSM / 3 G	<input type="checkbox"/> Torch / Strobe
<input type="checkbox"/> Suitable Footwear	<input type="checkbox"/> Map / Chart & Compass	<input type="checkbox"/> Satellite Phone	<input type="checkbox"/> Life Raft
<input type="checkbox"/> Food/Provisions (for.....days)	<input type="checkbox"/> GPS	<input type="checkbox"/> 406 Mhz Distress Beacon (EPIRB)	<input type="checkbox"/> Life Jackets
<input type="checkbox"/> Water	<input type="checkbox"/> First Aid Kit	<input type="checkbox"/> 121.5 Mhz Distress Beacon (ELT/EPIRB)	<input type="checkbox"/> Whistle

Form Information...

- This form can be obtained from any Police Station in Victoria (SAR intranet site).
- Police will not act as initial contact person

Important Safety Tips...

- Navigation skills are important; know how to use a map/chart & compass.
- Remember it can snow in the mountains even in summer, so be prepared.
- Check the weather report and ensure it is suitable for the safe conduct of your chosen activity.
- Ensure you have sufficient fuel and reserves.
- Lifejackets save lives.
- Only 406 MHz Distress Beacons will be detected by satellite from 2009.

Useful websites ...	
www.vicwalk.org.au www.marinesafety.vic.gov.au www.amsa.gov.au www.4wdvictoria.org.au	www.bsar.org.au www.snowsafes.org.au www.parkweb.vic.gov.au www.tripintentions.org

ENJOY YOUR TRIP BUT DO IT SAFELY

For All Incidents Requiring Search & Rescue Assistance in Victoria...

CALL 000 IMMEDIATELY