

AdventureSmart



Get informed & go outdoors!



GET INFORMED & GO OUTDOORS



Our goal is to increase your knowledge so you can have a safe and enjoyable outing, whatever your outdoor passion.

Whether your activity is during the summer or winter, on land or water, anywhere in Canada; remember the three T's and follow these simple steps:

You can enhance and enjoy your outdoor experience. To learn more, **read on.**

- ▶ TRIP PLANNING
- ▶ TRAINING
- ▶ TAKING THE ESSENTIALS

 Government of Canada
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MAKE INFORMED DECISIONS

TRIP PLANNING

- ▶ Plan your travel route
- ▶ Know the terrain and conditions
- ▶ Check the weather
- ▶ Always fill out a trip plan

REDUCE THE RISKS

TRAINING

- ▶ Obtain the knowledge and skills you need before heading out.
- ▶ Know and stay within your limits.

TAKING THE ESSENTIALS

Always carry these essentials and know how to use them:

- ▶ Flashlight
- ▶ Fire making kit
- ▶ Signalling device (i.e. whistle)
- ▶ Extra food and water
- ▶ Extra clothing
- ▶ Navigational/communication devices
- ▶ First aid kit
- ▶ Emergency blanket/shelter
- ▶ Pocket knife
- ▶ Sun protection

Add other equipment specific to your chosen activity, season and location



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TRIP PLAN

Completing a trip plan is extremely important

WHAT IS A TRIP PLAN?

A trip plan explains your destination, travel route, equipment and expected return time. It is vital information to assist authorities searching for you in the event of an emergency.

If no one knows you are missing, no one will be looking for you.

Consider carrying a device compatible with your activity and location to call or alert others in an emergency.

Your chance of a successful outcome increases if your call is made as soon as possible.

Know the capabilities and the limitations of the equipment you are planning to use as your lifeline to survival.

Always leave your trip plan with a responsible party, family member or friend. They can notify authorities if you don't return.

Sample trip plan provided.

TRIP TIPS

Travel with a companion

A companion can give you a hand to overcome difficulties or emergencies.

Be prepared

Ensure everyone with you understands what to do in case of an emergency.

Don't depend solely on technology

Equipment failure and lack of reception are very possible in the outdoors. Consider carrying a map and compass as a backup.

In an emergency...

Don't panic	Stay calm and maintain a positive attitude.
STOP	Sit, Think, Observe and Plan.
Stay put	It reduces time and search area for the authorities looking for you.
Seek shelter	Protect yourself from the elements by staying warm and dry.
Signal for help	Think BIG, Think CONTRAST, Think 3's. <ul style="list-style-type: none"> ▶ Create a ground-to-air symbol by making the letter "V" or "SOS", at least 3 meters in length. ▶ Use whistle blasts x 3, mirror flashes x 3, horn blasts x 3, signal fires x 3 or rock piles x 3 to signal distress.



SAMPLE TRIP PLAN

Your Travel Itinerary

PARTICIPANT DETAILS

Name _____ Age _____ Gender _____

Name _____ Age _____ Gender _____

Name _____ Age _____ Gender _____

Name _____ Age _____ Gender _____

Medical Conditions/Allergies (if applicable): _____

ACTIVITY DETAILS

(Example: canoeing, camping, cycling, hiking, hunting, fishing, geo-caching, skiing, touring)

TRAVEL DETAILS

Destination _____

Detailed Route Map/Chart — Attached

Planned Route (include campsites, layovers, waypoints)

Duration _____

Departure — Date/Time _____

Return — Date/Time _____

Method of Travel/Distance _____

(Example: ATV, biking, hiking, paddling, power boating, skiing, snowmobiling)

SAMPLE TRIP PLAN

Your Travel Itinerary

EQUIPMENT DETAILS

Tent(s) — make/model/colour

Vehicle(s) — make/model/colour/licence

Vessel(s) — make/model/colour/licence or ID #

CONTACT DETAILS

Communication Device — Type/Number
(cellular or satellite phone, VHF)

Distress Alerting Device
(PLB, Spot, inReach)

Emergency Contact Person(s)

Emergency Contact Number(s)

**ALWAYS LEAVE YOUR PLAN WITH A FAMILY MEMBER
OR A FRIEND TO CONTACT THE AUTHORITIES IF NEEDED**

Emergency Calls

Ground and Inland Waters
Search and Rescue Coordination:
Local Police or 911

Air/Marine Search and Rescue
Coordination Centre:
1-800-267-7270 or VHF Channel 16



CHECK LIST

- Travel route planned
- Knowledge of terrain/conditions
- Weather verified
- Trip plan completed
- Training acquired
- Flashlight
- Fire making kit
- Signalling device (i.e. whistle)
- Extra food and water
- Extra clothing
- Navigational/communication devices
- First aid kit
- Emergency blanket/shelter
- Pocket knife
- Sun protection
- Equipment specific to your chosen activity.

LAND



Know Before You Go!

WEAR OR CARRY SUITABLE CLOTHING AND PROPER FOOTWEAR.

Dress in layers to regulate body temperature and adjust to sudden changes in weather conditions.

BE AWARE OF CELLULAR AND SATELLITE COVERAGE IN THE AREA.

It may be limited to highway corridors or impacted by physical obstacles which can block the signal.

AVOID WILDLIFE CONFLICTS.

Know which animals are in the area and how to react if you cross their path.

KNOW YOUR LIMITS.

To avoid injury and exhaustion.

TAKE A COURSE.

Familiarize yourself with the area and activity in which you are engaging.



WATER



Know Before You Go!

WEAR YOUR LIFEJACKET.

It's the most effective piece of safety equipment you can use while on the water.

Most marine incidents occur quickly and without warning.

BE PREPARED.

By carrying the required safety equipment and vessel preparedness. It could save your life on the water.

BEWARE OF COLD WATER RISKS.

The immediate effects of cold water immersion can be life threatening.

DON'T DRINK AND BOAT.

For your own safety and the safety of others, you need to be attentive and responsive.

TAKE A COURSE.

Familiarize yourself with the area and activity in which you are engaging.

WINTER



Know Before You Go!

WEAR YOUR HELMET.

When engaging in winter activities such as skiing, skating, snowboarding and snowmobiling.

DRESS IN PROPER LAYERS.

Dress appropriately to avoid hypothermia and keep your head, ears and hands covered to avoid frostbite.

TEST ICE.

Check ice for appropriate thickness before safely heading out skiing, skating or snowmobiling.

RESPECT BOUNDARIES.

Going "Out of Bounds" can get you into extremely dangerous terrain.

BE AVALANCHE AWARE.

Always be attentive of avalanche terrain and avalanche potential in your area. Check avalanche bulletins and practice rescue skills with transceivers, probes and shovels.



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