

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"

The following information is an overview of recommended actions persons should take prior to enjoying their outdoor adventure. These should be a starting point for any person wishing to enjoy a safe wilderness experience to help prevent the experience developing into an emergency situation.

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
- Bureau of Meteorology – www.bom.gov.au
- Snow – www.snowsafes.org.au
- Bush walking information www.bushwalkingvictoria.org.au
- Trip suggestions www.visitvictoria.com.au
- Four Wheel Drive Victoria www.fwdvictoria.org.au

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

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

Water – Always carry sufficient water for your 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.

Mobile phone - Keep the phone turned off when its not needed. A Mobile phone outside of range will continue to search for a signal quickly using up the battery. Also turn off the WiFi and Bluetooth settings. Keep it dry, store the phone in a waterproof pouch or buy a waterproof phone.

The GPS in some phones relies on the mobile network to render maps, while some phones have maps stored inside them. Most maps in phones are not ideal for bushwalking as they don't have enough detail. You can often get reception from high ground. If you don't have reception, it is worth walking onto a ridge, or further onto a summit.

SMS messages use much less power than talking; if you are running low send information via SMS

If you are lost and/or in an emergency situation, call 000 and ask for Police. See Triplezero.gov.au for more information.

Workout how to access your GPS coordinates from your phone to relay this to emergency services when needed.

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 and Pocket knife
5. Correct clothing – Seek advice outdoor stores, bush walking clubs.
6. Extra clothing, food and water
7. Have correct footwear – wear in before long bush walks
8. Water proof matches and container
9. Candle / fire starter
10. First aid kit – individual and group.
11. Tent or bivvy bag
12. Large rubbish bag for emergency shelter and keeping equipment dry in you pack
13. Note book and pencil, Sunglasses / sun hat / sunscreen
14. Mobile phone – Be aware it will not always have coverage.
15. Emergency Position Indicating Beacon EPIRB 406 <http://beacons.amsa.gov.au>
16. Sense 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 or rivers which may delay or cause injury
3. ***Weather***, poor weather in area of search, hypothermia or hyperthermia
4. ***Equipment***, poor equipment – failure of equipment 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 civilisation 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***, pre-existing 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 call. Re-check navigation and map
- Re-track steps a short distance may assist. Locate your last known point if possible
- Gain some height for orientation. If the above does not help STAY WHERE YOU ARE.
- 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. Find shelter stay warm and dry.
- 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



VICTORIA POLICE

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

☐ Bushwalking	☐ SCUBA Diving	☐ Climbing / Rappelling
☐ Flying	☐ Angling	☐ Hunting
☐ Boating	☐ Photography	☐ Prospecting
☐ Kayaking	☐ Four Wheel Driving	☐ Cross Country Skiing
☐ Canoeing	☐ Trail Bike	☐ Backcountry Skiing/Snowboarding
☐ Rafting	☐ Mountain Biking	☐ Other(Specify)

Others with me are...

1	Contact Telephone/s	☐ Passenger ☐ Professional ☐ Participant ☐ Staff / Leader
2	Contact Telephone/s	☐ Passenger ☐ Professional ☐ Participant ☐ Staff / Leader
3	Contact Telephone/s	☐ Passenger ☐ Professional ☐ Participant ☐ Staff / Leader
4	Contact Telephone/s	☐ Passenger ☐ Professional ☐ Participant ☐ 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)	Attach map and further details if applicable
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	☐ Diesel ☐ Petrol	☐ Inboard ☐ Outboard	☐ Single ☐ Twin
Boat Name			

Equipment Carried...			
☐ Wet Weather Gear (Jacket & Overpants)	☐ Tent/Emergency Shelter	☐ Radio 27Mhz / VHF / HF	☐ Flares Carried
☐ Spare Warm Dry Clothing	☐ Matches (Waterproof)	☐ Mobile Phone CDMA / GSM / 3 G	☐ Torch / Strobe
☐ Suitable Footwear	☐ Map / Chart & Compass	☐ Satellite Phone	☐ Life Raft
☐ Food/Provisions (for.....days)	☐ GPS	☐ 406 Mhz Distress Beacon (EPIRB / PLB)	☐ Life Jackets
☐ Water	☐ First Aid Kit	☐ SPOT Device or similar	☐ Whistle

Form Information...

- This form can be obtained from Police Internet site
http://www.police.vic.gov.au/content.asp?Document_ID=23653
- 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 – GPS chipped are more accurate.

Useful websites ...	
www.bushwalkingvictoria.org.au www.transportsafety.vic.gov.au/maritime-safety www.amsa.gov.au www.fwdvictoria.org.au	www.bsar.org/ www.snowsafe.org.au www.parkweb.vic.gov.au www.tripintentions.org www.bom.gov.au

ENJOY YOUR TRIP BUT DO IT SAFELY

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

CALL 000 IMMEDIATELY