

**DESCRIPTION OF THIS TRIP'S MEMBERS:**

DETACH AND LEAVE THIS HALF WITH A FRIEND

	PERSON 1	PERSON 2	PERSON 3	PERSON 4
LAST NAME				
FIRST NAME				
DISABILTY				
AGE				
HEIGHT				
WEIGHT				
HAIR & SKIN				
20/20 VISION?				
FAMILY				
HAT COLOUR				
COAT COLOUR				
SHIRT/SWEATER				
PANT COLOUR				
FOOTWEAR				
<b>PERSONAL PREPAREDNESS</b>				
SURVIVAL				
OUTDOOR				
FIRST AID				
AVALANCHE				
SKIIER				
SNOWSHOER				
OTHER				

**THE FOLLOWING WILL BE NOTIFIED IF I / WE CHANGE DESTINATION:**

Name: \_\_\_\_\_ Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

**PLEASE NOTIFY THE POLICE IF I / WE DO NOT RETURN BY:**

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

DETACH AND TAKE THIS HALF WITH YOU

**OUTDOOR TRAVEL ESSENTIALS**

- G Map of the area and compass. **KNOW HOW TO USE THEM!!!**
- G Large orange-coloured plastic bag—useful as emergency shelter, signalling device or rainwear.
- G Flashlight and spare batteries.
- G EXTRA food and water.
- G EXTRA clothing—rain and wind clothes, toque and gloves, sweater and warm pants (NOT jeans!)
- G Sun protection—sunglasses, sunscreen, hat, long-sleeved shirt and pants.
- G Pocket knife.
- G Waterproof matches and/or a full lighter.
- G Candles and/or firestarter (efficient fire-building in adverse weather must be learned before you venture out!)
- G Ensure weather forcast and hazards (eg. snow conditions) are checked prior to departure.
- G First aid kit—(training is required to develop skills needed for proper first aid.)
- G Extras—whistle, small lightweight ground insulation such as “insulite”, projectile-type flares, tarp.

**REMEMBER: bad weather, early darkness or an unexpected injury can turn any outing into an extended crisis!**



**TRIP PLAN**

for

**OUTDOOR SURVIVAL**

copy compliments of:

PEP Website

<http://www.pep.bc.ca/>

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Complete this form prior to an outdoor adventure, leave it with a responsible person. **YOUR LIFE MAY DEPEND ON IT!** In the event that you do not return from your trip as stated in this trip plan, it will be given to police and search and rescue organizers.

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**Designed and Promoted by  
Search and Rescue  
Volunteers**

## OUTDOOR TRAVEL TIPS

- \* **BE PREPARED FOR YOUR CHOSEN RECREATION**—Being fit enough to go the distance takes physical preparation. Stick to your turnaround time. Take the proper equipment, have a trip plan and use reference and guide books.
- \* **ALWAYS CARRY THE ESSENTIALS**—If necessary, be ready to stay out overnight. Carry a flashlight—many people become lost because of darkness.
- \* **COMPLETE A TRIP PLAN and LEAVE IT WITH A FRIEND**—The trip plan explains your destination, the route you are taking, who is in the group and your return time. If you do not return as planned, the friend you left the trip plan with can give the form to the police to initiate a search.
- \* **NEVER HIKE ALONE**—Hike with a group and keep together. Travel at the speed of the slowest person. If a person becomes separated by going ahead or falling behind, they are more likely to become lost.
- \* **DO NOT PANIC**—Maintain a positive mental attitude if you become lost. Being lost is not dangerous if you are prepared.
- \* **STAY WHERE YOU ARE**—People who carry on after they become lost usually get further from the trail and further from people who are looking for them. Also, going downhill often leads to natural drainage. Gullies which typically have very thick bush, expansive cliffs and waterfalls make travel and searching more difficult.
- \* **USE SIGNALLING DEVICES**—Blowing a whistle, lighting a fire and staying visible will help searchers find you. Help searchers find you even if you are embarrassed or afraid. Remember that animals will not be attracted to your signals. Searchers may also use planes or helicopters—make yourself visible to them.
- \* **BUILD OR SEEK SHELTER**—Protect yourself from the rain, wind and excessive sun. Be as comfortable as possible, but when it is daylight, make sure you are visible to searchers in helicopters or planes.
- \* **THE MOST COMMON MISTAKE**—An individual's belief that “it could never happen to me” is summed up as *EGO*. By being prepared, you can enjoy your trip outdoors regardless of what nature throws at you!

DETACH AND TAKE THIS HALF WITH YOU

**START:** \_\_\_\_\_ / \_\_\_\_\_  
                    *Day of Week*    *Date*                      *Month*

**INTENDED RETURN:** \_\_\_\_\_ / \_\_\_\_\_  
                                    *Day of Week*    *Date*                      *Month*

### PURPOSE OF TRIP:

- G Day Hike                      G ½ Day Hike  
G Overnight Hike              G Climbing  
G Fishing                        G Hunting  
G Skiing                         G Snowmobiling  
G Canoeing/Kayaking        G Mushroom Picking  
G Other: \_\_\_\_\_

### THE TRIP:

General Area: \_\_\_\_\_

Specific Area: \_\_\_\_\_

Intended Route in (be specific): \_\_\_\_\_

Intended Route out (be specific): \_\_\_\_\_

Destination: \_\_\_\_\_

Local Landmarks: \_\_\_\_\_

Map Used: \_\_\_\_\_

BC Hunting & Fishing Regulations Management Unit: \_\_\_\_\_

Fresh Water Fishing Regulations Synopsis Unit: \_\_\_\_\_

DETACH AND LEAVE WITH A FRIEND

## TRANSPORTATION TO & FROM THE STARTING POINT:

Vehicle License No: \_\_\_\_\_

Make/Model: \_\_\_\_\_ Colour: \_\_\_\_\_

Owner: \_\_\_\_\_

or **Dropped Off At Starting Point By:**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

**To Be Picked Up At End Point By:**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Time: \_\_\_\_\_ Date: \_\_\_\_\_

Location: \_\_\_\_\_

Other rendezvous points used by the group: \_\_\_\_\_

### EQUIPMENT/SUPPLIES TAKEN:

G Backpack                      G Water                      G Firestarter

G First Aid Kit                  G Flashlight                  G Whistle

G Avalanche Beacon (PIEPS)                  G Snowshoes

G Stove                          G Skis                          G Extra Clothing

G Sun Protection                  G Tent (colour): \_\_\_\_\_

G Food (days per person): \_\_\_\_\_

G Radio (type & frequency): \_\_\_\_\_

G Signalling Device: \_\_\_\_\_

G Personal Locator Beacon (PLB #): \_\_\_\_\_

G Cellular phone #: \_\_\_\_\_

G Firearms: \_\_\_\_\_

G RV, ATV, Boat (description): \_\_\_\_\_